ACCOUNTABILITY, ACHIEVEMENT, ADAPTABILITY, AMBITION, AUTHENTICITY, BALANCE, BEING THE BEST, CARE, CAUTION, CLARITY, COACHING, COMMITMENT, COMMUNITY, CONNECTION, INVOLVEMENT, CONTINUOUS LEARNING. CONTROL. COMPASSION. COMPETENCE. CONFLICT RESOLUTION. COURAGE, CREATIVITY, DIALOGUE, EASE WITH UNCERTAINTY, EFFICIENCY, ENTHUSIASM, ENVIRONMENTAL AWARENESS, ETHICS, EXCELLENCE. FAIRNESS, FAITH, FAMILY, FITNESS, FINANCIAL STABILITY, FORGIVENESS, FREEDOM, FRIENDSHIP, FUTURE GENERATIONS, FUN, GENEROSITY, GIVING BACK. HEALTH. HUMILITY. HUMOUR. INDEPENDENCE. INITIATIVE. INTEGRITY. JOB SECURITY. LEARNING. LEADERSHIP. LISTENING. LOVE. MAKING A DIFFERENCE. MENTORING. OPENNESS. PATIENCE. PERSONAL IMAGE. PLAY. POSITIVE ATTITUDE. POWER. PROFESSIONAL TEAMWORK, TRUST, VISION, WEALTH, WELLBEING, WISDOM,



a values informed life

As we're slowly emerging from the pandemic, we're somehow still left with many questions that may have shown up during this period. Am I happy? What makes me feel like a worthwhile human being in this society? Where do I belong? How do I live in alignment with my values and navigate expectations of others?

Knowing your values, and living by your values is a great clue.

We hope this mini reflection exercise will help you define your values, from which you can conclude your personal boundaries. Write your values on a post-it and stick them on your laptop, in the evening, ask yourself "how well did I live my values today? And which one am I going to highlight tomorrow?"

If you're wondering about what we mean by values, we like this definition: "My values are my lifestyle priorities and preferences that express how I choose to live my life."

a	Pack your rocketship xciting news. A special rocket ship is landing outside your door very soon. Yo	ou have been invited to
/ ti	nd start a brave new world. There's plenty of oxygen, food, medical supplies me to pack your bag! Set your timer to 90 seconds and decide on 10 things pathing, there is no limit on size. Note: family would be 1 item, you don't have	you want to bring - the
	nything, there is no limit on size. Note: family would be 1 item, you don't have ndividually.	to list your loved one:
1		
1		
1		
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1	7 Prioritizina	
J	2. Prioritizing	
	rocket so a smaller rocket has been sent. Now you can only	
	take HALF of what you have on your lists. The rest will arrive later on another rocket. What are you taking off your list? Set	
	another timer, now for 60 seconds . It's time to prioritize:	
	write the 5 things you are taking with you below.	
3. Disc	covering your values	
	couple of minutes to reflect and write down what your items	
	ent to you. This is an indicator of what your values are. For	
	e, do you have books on your list? What do the books represent It could be inspiration, imagination, security. The same item may	
	ent different values to different people. Find a value for each of gs you have in your suitcase.	
	go you have in your suitcuse.	
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4.	$V=I\times P$ $V=I\times P$	
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4.	Values = Importance x Priority. What we value in life is what we ascribe importance to AND put into action. For example, if one of your values is HEALTH, you'd ask yourself: Is it important to you AND did you do something in the last 24	
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What actions will you take to bring them to life today,,

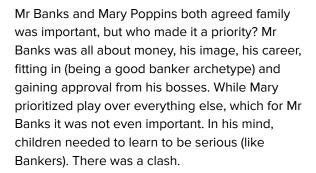
next week, in 3 month?



the value equation



What does the movie Mary Poppins teach us about V = I x P?



But both Mary and Mr Banks valued discipline, and order, so he felt respected by Mary, and Mary understood Mr Banks. When Mr Banks finally woke up to his children's need for play, he began to "fly a kite". It saved the family. And finally he and Mary were aligned.

What conversations may you want to have with your family / friends / colleagues to define your common values more clearly?





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stay connected

Would you like to continue exploring how to live in alignment with your values?

Dive into our <u>resources</u>, book a <u>30 minute</u> <u>discovery call</u>, or join us for <u>Reboot</u>, a 6-week immersive course to kickstart your next chapter of values based living.

At <u>The Zone</u> we have been clarifying and delivering values for individuals, leaders, teams and organisations around the world for over 20 years

hello@thezone.co | LinkedIn | Instagram

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RECOGNITION, RELIABILITY, RESPECT, REPUTATION, REWARD,
RISK-TAKING, SAFETY, SELF-DISCIPLINE, SERVIVE, STRUCTURE,