**How To Find, Define And Review Your Values**

Finding your values is all about searching for certain patterns in four critical areas of your life by asking certain specific questions.

***The 4 value creating areas of life:***

**The Inner Sanctum:** This is your self, your inner environment and effectively the foundation for the other three critical areas of your life. It’s where you form your deepest values and views towards your self and life, and what you base most of your actions and decisions on.

**The Financial Realm:** This is where you develop your views and relationship with and through money. It’s here that you also form your wealth or lack of it. How you spend and save determines your values towards all things money, both on a personal and global level.

**The Global Environment:** Here is where you find your views and values in and through events of all types from around the world. Here you start to form a wider view of the world and your relationship to it.

**The Social Circle:** The people you hang out with predominantly and your relationship and commitment to them help you further understand what you value and where you place value.

All this shows you what you find most important in your life and are willing to commit the most to at any stage in your life. It helps you understand who you are and why you do what you do. It also allows you to review and change anything that’s not working for you.

**Task:**

**Step 1-Answer each question:**

**The Inner Sanctum questions:**

1. What do you mostly fill your home space with?
2. Where are you most disciplined and organised?
3. What activities do you spend most of your energy on?
4. What internal conversations do you mostly have with yourself?
5. What future do you see for yourself?
6. What conversations do you have at home with others?

 **The Financial Realm questions:**

1. What's your biggest current belief about money?
2. What do you mostly spend your money on?
3. Do you have a financial strategy in place?
4. Do you invest any money and, if so, why?
5. Do you treat yourself and, if yes, how often?

**The Global Environment questions:**

1. What two events happening in the world at the moment are you interested in and do you feel somewhat passionate about?
2. Why do those events move you and interest you?

**The Social Circle questions:**

1. How often do you catch up with friends?
2. What do you talk to them about mostly?
3. What do they talk to you about (where you are interested) most consistently?
4. Who do you hang out with the most and why them?

**Step 2-Build your values begin positive progress.**

1. In your answers above and embedded in your answers are values, for example the value of ‘The ability for deep conversation’ may pop up in your social circle section. Go through each section and list all the values you can see there.
2. Circle the values that repeat, that show up more than once for example, trust may show up in social and inner sanctum section.
3. These are your dominant values, if no repeats then all the values are equal in your heart. Either way put them through the progress check, i.e. are they progressing you or sabotaging you.
4. If you find conflict with a value reflect, and replace it with a more appropriate one, one that will help you move forward as you want.

Moving forward and now you know yourself better and have better values to guide you on right or wrong, appropriate or inappropriate, you can begin to start building a better or an even better life :D