

The VALID VALUES
Excellerator



Create Your Life.

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Introduction

Values are principles or qualities we deem as worthy or desirable. We all value some qualities over others, but we aren't always aware of what those are. Or we don't always live out the values we say we have. If you want to know what you value, look at how you spend your time and energy.

When your life is in congruence with your "valid values" -- the principles you deem as important and desirable -- you feel in harmony and balanced. If you are feeling out of touch or disconnected, you may not be living out of your values. It's a good idea to check in from time to time to see that you are being true to your values, whatever they may be.



What is an *Excels*erator?

*Excels*erator is a combination of two words:

excel - to shine, to be outstanding, be first rate and exceptional
and

accelerate - to move forward at an increasing pace.

*Excels*erators are ideas, concepts, and programs that help you move forward in creating the life you want while increasing your ability to be outstanding, first rate, and exceptional.

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How To Play

Step 1

Read over the list of words that describe different values. Circle those that are important to you and that you identify with.

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Accuracy	Exhilaration	Originality
Accomplishment	Experiment	Participation
Achievement	Family happiness	Partnership
Acknowledgement	Focus	Peace
Advancement	Freedom	Performance
Adventure	Free spirit	Personal power
Aesthetics	Free time	Planning
Affection	Friendship	Pleasure
Attractiveness	Grace	Power
Authenticity	Growth	Precision
Autonomy	Harmony	Productivity
Beauty	Health	Questing
Caring	Help others	Recognition
Catalyze	Help society	Refinement
Challenge	Honesty	Relate
Change	Humor	Respond
Collaboration	Imagination	Responsibility
Community	Impact	Risk taking
Compassion	Improve	Romance
Competition	Independence	Self-expression
Comradeship	Influence	Sensitivity
Connectedness	Ingenuity	Service
Contribution	Inspire	Spark
Creativity	Integrity	Spirituality
Daring	Intellectual status	Stability
Directness	Joy	Success
Discovery	Knowledge	Support
Economic security	Lack of pretense	Synthesize
Elegance	Leadership	Taste
Empathy	Leisure	Teach
Empowerment	Lightness	Time freedom
Encourage	Location	Tradition
Endeavoring	Loveliness	Trust
Energize	Loyalty	Vitality
Enlighten	Mastery	Wealth
Excellence	Nurturing	Wisdom
Excitement	Orderliness	Zest

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Step 2

Review the list of circled items. If you have more than 15, narrow the list down to 15. List them here:



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Step 3

Go through the list of 15 and select the eight values that are most important to you. Write them here:



Step 4

From the list of eight important values, choose the 4 that are the most important for you. These are your "valid values". Write them here:

<u>My Valid Values</u>



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Step 5

Understanding Where Your Valid Values Are Expressed

Using your list of Valid Values, list which values you express in each of the areas of your life:

Work:

Home / Environment

Intimate relationship

Family

Friends / social settings





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Step 6

Understanding Where Your Valid Values Are Not Expressed

Using your list of Valid Values, list which values are not expressed in each of the areas of your life:

Work:

Home / Environment

Intimate relationship

Family

Friends / social settings





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Step 7

Understanding Your Insights About Your Valid Values

What do you see about the lists in each area? What insights do you have about how you use or fail to use your Valid Values in each area?

Work:

Home / Environment

Intimate relationship

Family

Friends / social settings



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Step 8

Understanding The Impact Of Your Valid Values In Your Life

Expressing your Valid Values in your life is having an impact. Not expressing your Valid Values in key areas of your life is likely having an impact as well. What is the impact of using or not using your Valid Values in each of these areas?

Work:

Home / Environment

Intimate relationship

Family

Friends / social settings



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Step 9

Bringing Your Valid Values Into All Areas Of Your Life

What can you do to bring all your Valid Values into all these areas of your life?

Work:

Home / Environment

Intimate relationship

Family

Friends / social settings



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