



Aim to get at least ten values related to that area of your life

Now you will need to number the values according to their value to you? What's the most important value? What's next? What's next?

Unsure how to get a ranking from 1 to 10, then ask the following questions:

1. Of the above values listed, which value is the most important to me?
2. Assuming the values above are most important to me, is the value of _____ or value of _____ more important to me?

Keep determining whether one value is more important than another.

Now rewrite your values according to their importance from 1 to 10

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Why is it important that I know my values?

If you know what you values are then for your career you can pursue a position that meets these values. Very often you may find yourself in a position that you do not enjoy or where every morning the alarm goes off and you grumble about going to work. This may occur because the position does not meet your highest values.

Remember, through NLP Coaching the order of your values can be changed. For example you are a small business owner and you have making money as value 9. This can certainly be a problem as you are in business to make money. The value of making money could be changed to position number 2 or 3 instead of being at number 9.

Today, email Darren@forwardperformance.com.au for a FREE coaching session on your values.