

Elite Living - Values Assessment Worksheet

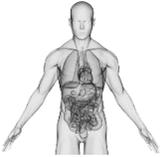


Your values reflect what you find meaningful in our life. They define what you care about, deep down, and what you consider to be important and it determines your behaviour. Everybody's values are different, so they think differently, behave differently and they can change over periods of time – personal development leads to increased values and behaviour. Values determine your standards and how you want to engage with the world; how you engage and communicate with the people around you, and most importantly the relationship you have with yourself.

Values set your intention and can support your goals, interactions or your long-term dreams and lifestyle. **For example:** You may place a high value on physical appearance and healthy body so you eat healthy and exercise well.

For a meaningful life or an elite life what do you really value in each area of your life?

- 1) For each of the areas of your life write a brief description of your values or give examples
- 2) Then rate according to how important it is to you (High or Low)
- 3) Finally, give each area a rating according to how successfully you have lived your life in accordance with this value in the past month (0 = not at all well, 10 = very well).

Area of your Elite Life	Your thoughts	What you value?	High Priority	Low Priority	How you live up to this value? Behaviour
<p><i>HEALTHY MIND</i></p> 	<p><i>How would you like to grow as a person? What kind of skills would you like to develop? What matters to you about education and learning? What would you like to know more about?</i></p>	<p><i>Personal Growth Achievement Self-Love Awareness Confidence Gratitude Calm/ Peace/ Mindfulness Cheerful/ Happy Positivity Good Decision Making</i></p>			
<p><i>HEALTHY BODY</i></p> 	<p><i>What kind of values do you have regarding your physical wellbeing? How important to you is your health? How do you want to look after yourself?</i></p>	<p><i>Appearance Healthy Body Physical wellbeing Healthy Eating / Good Nutrition Self-Control Good Habits Strength</i></p>			

<p>HEALTHY RELATIONSHIPS Partner</p> 	<p><i>What kind of husband / wife / partner do you want to be? What kind of relationship do you want to be a part of? What sort of partnership do you want to build? What kind of person do you want to be in a relationship?</i></p>	<p><i>Caring Committed Compassionate Classy/ Elegant Consistent - dependable Self-control Courtesy, Effective, Expressive, Grateful Kindness/ Generous/ Thoughtful Independence, LOVING/ Romantic Loyal Traditional Trustworthy</i></p>			
<p>HEALTHY RELATIONSHIPS Family</p> 	<p><i>What sort of parent do you want to be? What qualities do you want your children to see in you? What kind of relationships do you want to build with them?</i></p> <p><i>What kind of relationships do you want to have with your family? What sort of brother / sister / mother / father / aunt / uncle / niece / nephew do you want to be?</i></p> <p><i>How do you want to be in those relationships?</i></p>	<p><i>Family Child Marriage Intimacy Parenting Caring Respect Dignity Connected/ Connection Reliable Empathy Helping Discipline/ Order Understanding Senses of Self Safety Significance</i></p>			

<p>HEALTHY RELATIONSHIPS Friends</p> 	<p>What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends? What kind of social life matters to you?</p>	<p>Good friendship Caring Honesty Loyalty Reliable Connections Significance Authentic Grateful</p>			
<p>HEALTHY RELATIONSHIPS Community</p> 	<p>How do you want to contribute to your community? What kind of citizen would you like to be?</p>	<p>Charity work Community Socialisation Caring Connected Honesty Authenticity Service</p>			
<p>HEALTHY FINANCES</p> 	<p>How do you think of your basics needs?</p> <p>What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build?</p> <p>What kind of work or traits matters to you? What Business values do you have to be successful?</p>	<p>Prudence Money Intention for better finances Security Growth Dreams Abundance Status</p> <p style="text-align: center;">Career</p> <p>Ambitious Education Employment Determined Disciplined Creativity Power/ Control</p> <p style="text-align: center;">Business</p> <p>Professional Vision Goals</p>			

		<i>Passionate/ Purpose</i> <i>Making a difference</i> <i>Leadership</i> <i>Assertive</i> <i>Hard- working</i> <i>Insightful</i> <i>Communicator</i> <i>Resourceful</i> <i>Successful</i> <i>Spontaneity</i> <i>Stability</i>			
HEALTHY SOUL 	What kind of relationship do you want with the world / nature / the Earth/ God? What kind of environment do you want to be a part of?	<i>Spirituality</i> <i>Faith</i> <i>Citizenship / Environment / Community</i> <i>Nature</i> <i>Competitive</i> <i>Inner Harmony</i> <i>Gratitude</i> <i>Insightful</i> <i>Legacy/ Purpose</i> <i>Simplicity</i> <i>Uniqueness</i> <i>Vitality</i>			
HEALTHY LIFESTYLE 	How would you like to enjoy yourself? What relaxes you? When are you most playful?	<i>Social Life</i> <i>Recreation</i> <i>Fun</i> <i>Leisure</i> <i>Interests/ Hobbies</i> <i>Travelling</i> <i>Cooking</i> <i>Adventurous/ Exploring</i> <i>Balanced</i> <i>Habits</i>			

ACTION FOR YOU NOW:

4) Then see areas you want to improve and work on them, read books on this area, read Elite Living Book (available on the website www.elitelivingacademy.com) to see lessons in each area of your life you want to improve.

5) Low rated values are not important to you so don't affect your self-esteem but will affect how you interact with others who rate them as high, therefore you may have a difference in opinion or conflict if these values are not met.

List values you listed low:

6) Those values you rate high are important to you and will affect your self-esteem and your behaviour – because you will act on those most important to you.
List your values you rated high:

7) List the Values that are important to you 4-5 but your behaviour are 1-2 in that area. If you are not doing what you think is right then it lowers your self-esteem and you need to be working on these areas.

List these values with big gap differences:

CHANGE YOUR BEHAVIOUR TO MATCH YOUR HIGH VALUES: What do you think you could do differently? Or let go of those values and work on letting them go as it may be difficult.

8) Have you values that are in conflict? You may be a working mum and ambitious with high conflict in this area. You have to decide what is important. It may be working part time or starting to work from home more, setting up your own business so you manage family role and responsibilities better.
Are you willing to accept changes in your life to support this value? Don't be frustrated and be hard on yourself. Target one value more than the other and address the positive and negative consequences of each to make a decision.