

Helen Luxford Coaching

Values Alignment & Life Preferences Exercise

Introduction

Understanding your values and preferences in life can help you understand what makes you happy and why, at times, you may feel 'out of alignment' with yourself.

Knowing what's important to you is the first step, so let's take a look at how you rate yourself in various areas of your life.

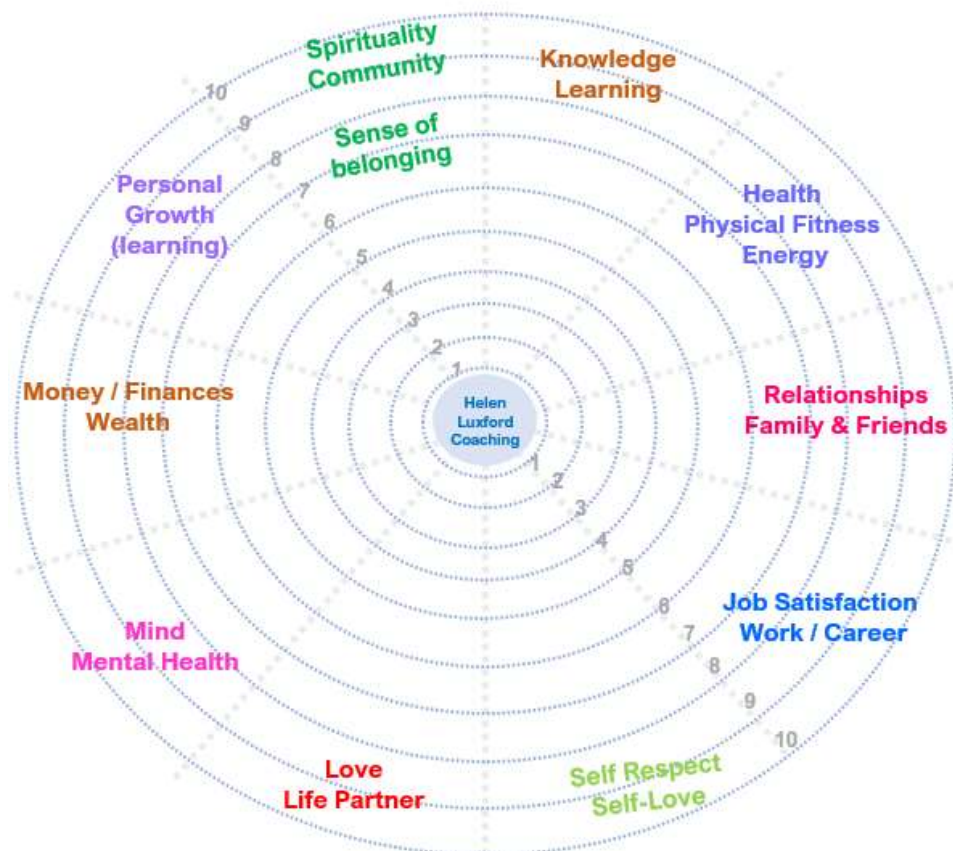
1. Where am I now?

Let's start with looking at your life and identify where you are and where you want to be in different areas. To do this complete the "Wheel of Life" below. This will help you understand where you are at and give you focus on areas where you want to do things differently.

Look at each section of the wheel and rate how you currently feel **"current state"** about that particular part of your life from 1 to 10.

*1 being that you are not very satisfied or happy with it and
10 being that you couldn't be happier about that aspect of your life, right at this moment in time.*

Wheel of Life

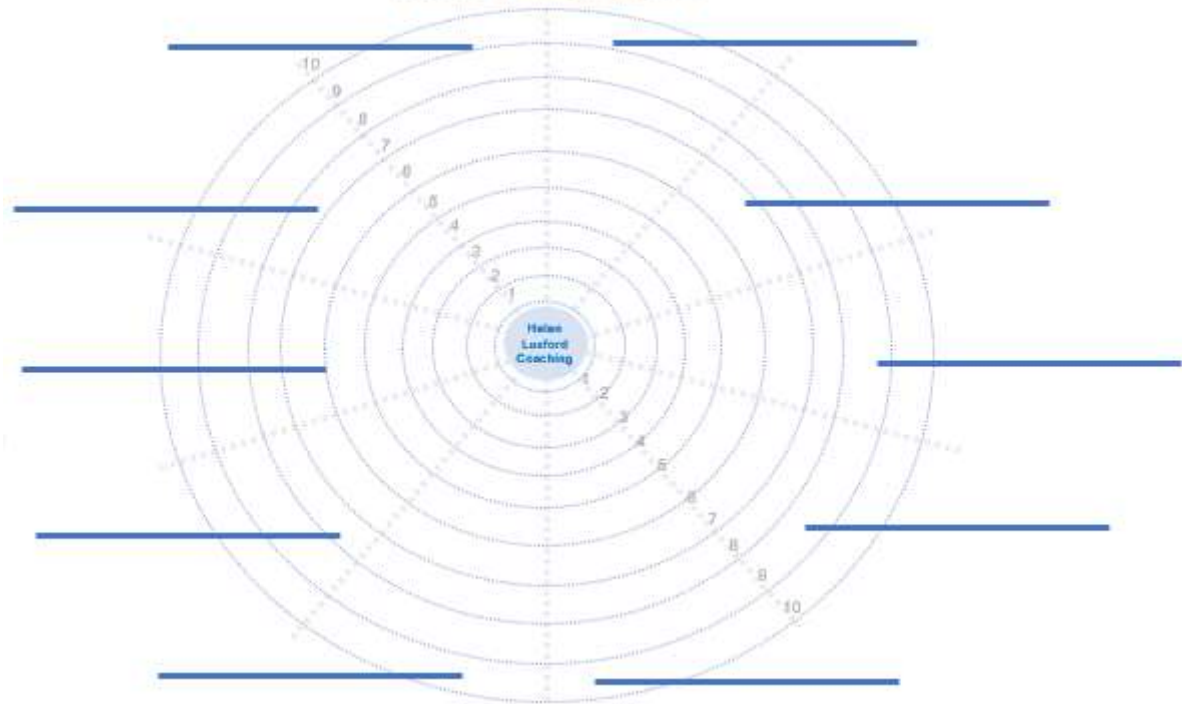


Now join the dots in between each section and you will create a "web" – see example below.

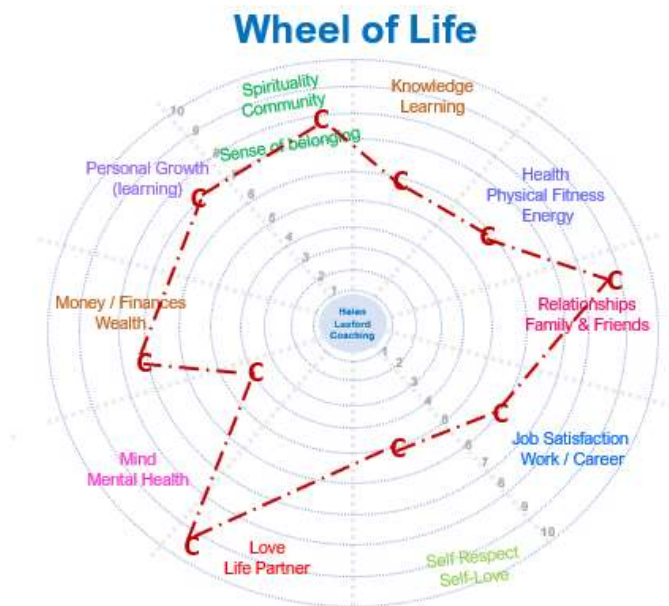
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If you do not relate to these pre-filled categories, write your own.

Wheel of Life



Example:



This exercise may help you discover that an area that is important to you is currently not your focus, or it may reinforce that you are presently OK with all aspects of your life.

When you look at your web, you will see a pattern and the areas you have marked closest to the centre are the ones in which you are not focusing on; or are not fulfilled at the moment.

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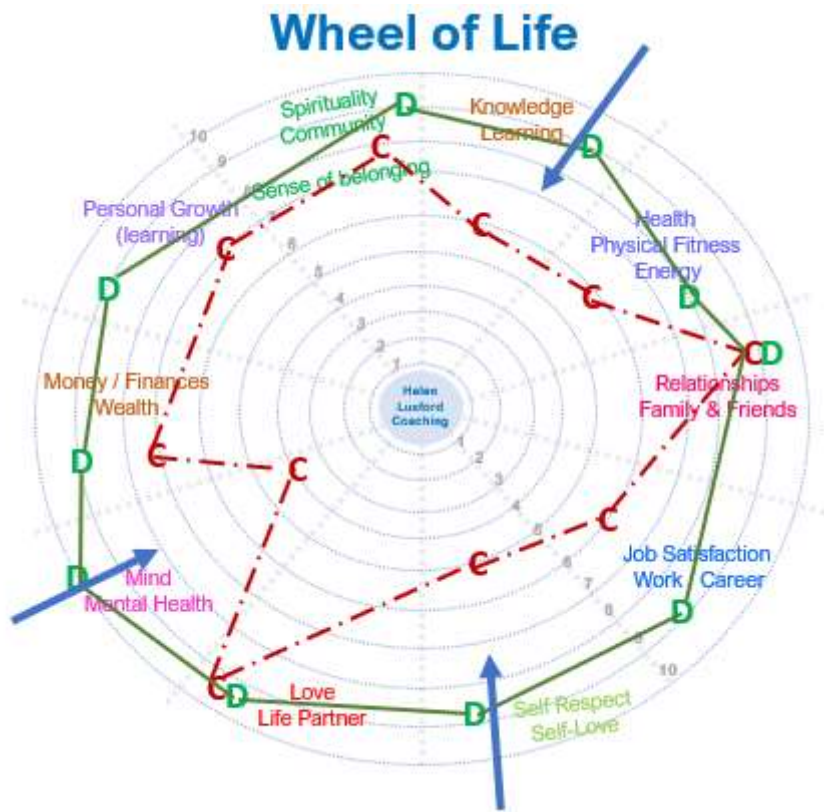
2. What do I desire?

Now go back to the Wheel of Life and with a different colour pen, or by making a different mark on the wheel, identify where you would like to be in a perfect world eg your “**desired position**” i.e. you may have marked “job satisfaction / work / career” as a 4, but in a perfect world you would like it to be a 10.

Now create your ‘ideal’ web. When you look at your web – where are the biggest gaps between your “current” and your “ideal” for each section of the wheel?

In the example below, you can see the biggest gaps are in Knowledge/Learning, Self-Respect/ Self-Love and Mind/Mental Health.

This exercise will highlight to you where the discrepancies are and give you an indication of some things you may want to focus on.



3. Now what?

Look for gaps between your “current” and your “desired” and focus on one or two where there are the biggest gaps. Only focus on one or two at a time.

Now that you have identified where the gaps are, you have a choice to focus on improving in these areas or not – it’s up to you.

If you are comfortable knowing that where you are unfulfilled, then that’s OK. But if you want to do something about it, then you know where to start focusing.