



# KNOWING WHAT YOU STAND FOR

FEB 2024

ELIZABETH  
REILLY

*Executive Coach — Board Advisor*

# VALUES

Values are important to us as guides and motivators for our decisions and actions, both the large and obvious ones and those hidden in the day-to-day of our lives.

They can act like an internal compass, helping us define who we really are and live in ways which honour that unique identity.

They are distinct from attitudes or beliefs, although they live in the same part of the Mammalian brain.

Identifying your values and making choices informed by those values or living in ways which align more closely with them can have a very powerful positive effect on your Self Regard, self-awareness and performance.



# VALUES IN ACTION

The Values In Action Character Strengths are a set of character strengths and virtues, part of a global research project in the domain of positive psychology originally developed by Prof. Martin Seligman and Christopher Peterson (2004).

Positive psychology looks to understand human behaviour from a positive perspective, focused on understanding what enables people to flourish – in other words, to achieve more of their potential.



*‘When you discover your greatest strengths, you learn to use them to handle stress and life challenges, become happier, and develop relationships with those who matter most to you.’*

# BENEFITS OF KNOWING YOUR VALUES:

When you are living in line with your values, life is easy! When you are out of sync with your values, you may feel unhappy, dissatisfied and stressed.

- *Greater self-awareness* – knowing what really motivates you
- *Greater awareness of others* – through noticing, understanding and respecting difference
- *A solid foundation for your goals* – you are more likely to succeed when your goals are aligned with your values and to have greater energy and motivation
- *Increased quality of decision-making* – being more informed about what is really important to you helps you make better choices

# PLEASE WATCH VIDEO AND TAKE FREE SURVEY

[The science of character](#) - 8 mins

[Two Main Reasons to Focus on Strengths](#) – Article

[Link to Free Survey](#) - Please complete



# WHAT ARE YOUR TOP 5 VALUES?

Knowing your values frees you to be more of who you are and to understand your own personal uniqueness.

- 
- 
- 
- 
-

# BALANCING VALUES

In their book Emotional intelligence Coaching (2011), Neale, Spencer-Arnell and Wilson describe a values triangle to consider the impact of a value from three different perspectives: expressed to self, expressed to others and received from others.

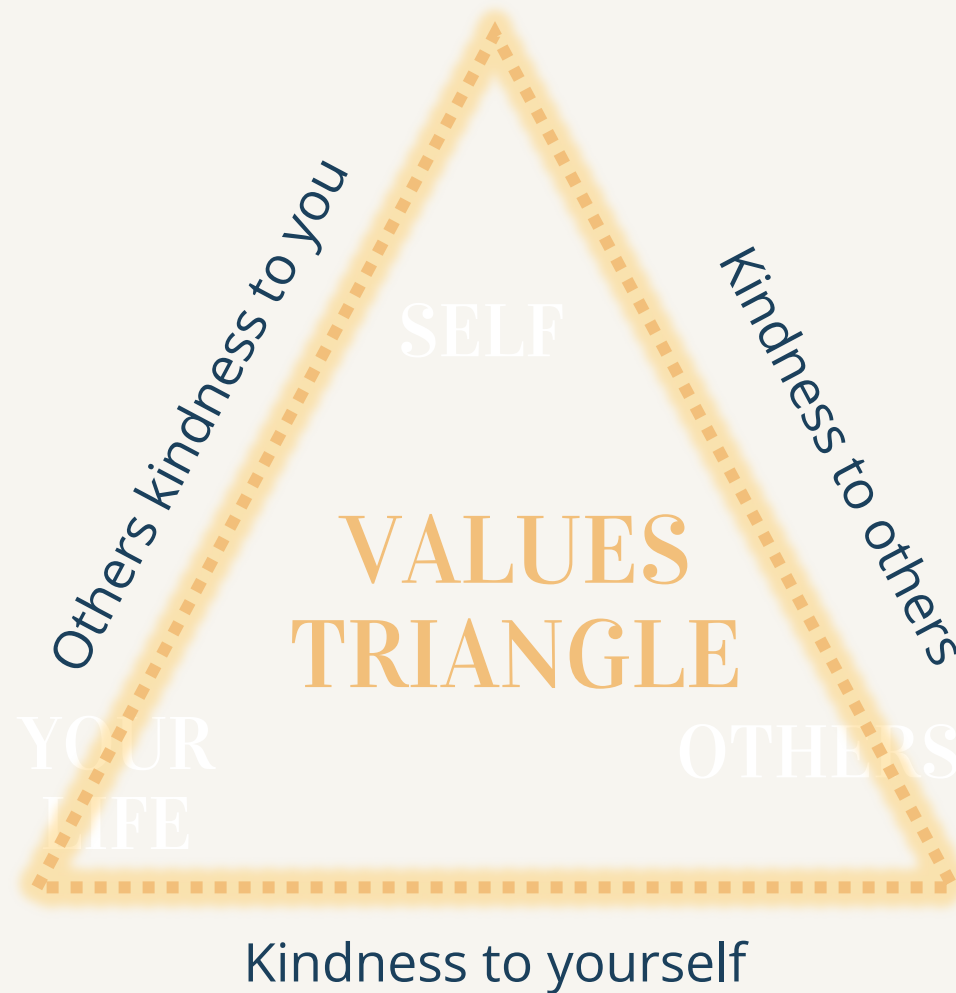
A value may be out of balance in our life. For example, we may hold a value of kindness but put all our energy into 'kindness to others' while rarely accepting kindness from other people.

This may be due to feeling at some level that we don't deserve their kindness, so we never admit to needing help or seeking support. In the same way, we might not be kind to ourselves, for example, having a negative inner dialogue and being self-critical about things for which we would offer compassion and encouragement to others.

In this case, our behaviour aligns with the value in one dimension only, and the potential positive impact of living out the value of kindness across all three dimensions is not realised.



# VALUES TRIANGLE



# QUESTIONS TO THINK ABOUT BEFORE WE NEXT MEET

- How do your values guide your priorities, decisions and behaviours?
- Do you appreciate and respect others values even if they clash with yours?
- Are you balanced in how you live your **top 5** values?
  - Applying your values to others
  - Applying your values to yourself
  - Receiving values from others
- What could you do to better balance how you are living your values?



# Thank You

ELIZABETH  
REILLY

*Executive Coach — Board Advisor*

[www.elizabeth-reilly.com](http://www.elizabeth-reilly.com)