

- 1) Record and prioritise these values.
- 2) Analyse and evaluate their significance to you.

What is important in my life?

My life must have a purpose. By that, I mean that whatever I do in life must be geared to supporting my core values and must be part of a higher goal.

The following Core Values Comparison Chart identifies my personal values.

Core values comparison chart (Sample)

	Value	Tick						
1	Performance	<input type="checkbox"/>						
2	Caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Trust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	Honesty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5	Fairness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
6	Respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
7	Security	<input type="checkbox"/>						
8	Openness	<input type="checkbox"/>	<input type="checkbox"/>					

Core values in order of importance

1	Caring
2	Trust
3	Honesty
4	Fairness
5	Respect
6	Openness
7	Security
8	Performance (choosing e.g. between 1 & 7 in the example above)

Core values comparison chart (Enter Your Values Here)

	Value	Tick						
1	Performance							
2	Caring							
3	Trust							
4	Honesty							
5	Fairness							
6	Respect							
7	Security							
8	Openness							

Enter Your Core Values In Order of Importance (Most Important First)

1	
2	
3	
4	
5	
6	
7	
8	Performance (choosing e.g. between 7 & 8)

Explain and analyse the relationship between values, beliefs, goals and achievement.
(250 words max)

Beliefs are the rules that we live by. They are our best guesses at reality and form our mental models – the principles of how the world seems to work, based on our experience.

They can act as self-fulfilling prophecies – if you believe you are clumsy (or are told you are), then you will drop things and trip over things, etc.

Neuro-linguistic Programming (NLP) treats beliefs as presuppositions and therefore principles of conduct, not as truth or facts. You act *as if* they are true and, if you like the results, then you continue to act as if they are true. If you do not like the results, you change them.

The ability to achieve our goals or outcomes is intrinsically linked to our beliefs. We must believe:

- It is **possible** to achieve them
- We are **able** to achieve them
- We **deserve** to achieve them
-

Possibility, **A**bility and **W**orthiness are the three keys to achievement (the PAW Process).

Values are why we do what we do. They are what we consider to be most important to us: health, honesty, happiness, love, etc. Like beliefs, values direct our lives, acting as both permissions and prohibitions on how we act. Also like beliefs, they are formed from our experience, our upbringing, our environment, etc.

Both our values and our beliefs provide the foundation when setting our goals in life and are great motivators. Therefore, values, beliefs and goals must be congruent. Without this congruency, we will find it difficult to achieve our goals.”

ENTER YOUR ANALYSIS HERE