

Money and Your Values

“ Your values are your fundamental beliefs, dictating your speech and conduct. They are at the heart of what is most important to you.

If your values are in conflict with the way you actually live your life, you will find yourself being frustrated, anxious and confused. This includes how you handle your money: if it aligns with your personal values, you will live a happier and more fulfilled life.

Exercise

Discover your Top 5 values.

Step 1

Read through the table of values. Identify the ones that you always, in each and every situation, value.

Step 2

Go through the values that you've identified in Step 1. Select your Top 20 values from that list.

Step 3

Revise your Top 20. From those, which values truly represent your fundamental beliefs? Choose your Top 5, in order of importance.

Going Forward

Think of and implement practical ways to change your "money habits and behavior" to align with your Top 5 values.

You are guaranteed to experience contentment and new life in your finances.

If your #1 value is *Adventure*, save for and book that trip!

Abundance	Efficiency	Humanity	Pride
Achievement	Encouragement	Humour	Professionalism
Advancement	Endurance	Independence	Prosperity
Adventure	Enjoyment	Innovation	Quality
Affection	Entertain	Integrity	Reciprocity
Appreciation	Entrepreneurial	Intelligence	Relationships
Balance	Environmentalism	Involvement	Reliability
Be true	Excellence	Influence	Religion
Beauty	Excitement	Play	Renewal
Career	Facilitation	Justice	Respect
Change	Faith	Kindness	Security
Charisma	Fame	Knowledge	Self-respect
Clarity	Family	Leadership	Service to others
Commitment	Finances	Learning	Simplicity
Commonality	Finesse	Love	Sincerity
Communication	Forgiveness	Love of self	Speed
Compassion	Freedom	Loyalty	Spiritualism
Connection	Friendship	Motivation	Spontaneity
Consistency	Relationship	Open-minded	Strength
Contentment	Fun-loving	Optimism	Success
Contributing	Generosity	Order	Teamwork
Co-operation	Good humour	Passion	Trust
Courage	Goodness	Patience	Trusting your gut
Creativity	Grace	Patriotism	Understanding
Dependability	Gratitude	Peace	Vulnerability
Dignity	Happiness	Perfection	Wealth
Determination	Harmony	Perseverance	Wellness
Diversity	Health	Personal growth	Willingness
Education	Home	Positivity	Wisdom
Effectiveness	Honesty	Power	Work smarter