

# Financially Free Woman

## **Discover Your Values Worksheet**

*When answering each of the questions below take time to think back over your life for examples. Be honest and authentic; don't choose what you think you 'should' choose. Take note of the emotions you felt at that time, and any specific attributes (like peace or excitement or freedom)*

1. When was I happiest?

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*Can you see any patterns here? Note down any observations*

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2. When was I most proud?

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*Can you see any patterns here? Note down any observations*

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# Financially Free Woman

## Discover Your Values

3. When was I most fulfilled and satisfied?

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*Can you see any patterns here? Note down your observations here:*

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4. Determine Your Top Values based on your experiences of happiness pride and fulfillment. *Aim for about 10 (use the separate list of values to help you).*

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5. Prioritise Your Top Values

*If you have difficulty prioritising your values, ask yourself 'if I could only satisfy one of these values, which one would it be?' Your answer would then sit higher on the list than the other.*

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