

# Value Compass™



Our actions and choices in life are driven by the desire to experience specific feelings. Whether it's going to work for a sense of success, security, or connection, our feelings play a significant role in motivating and fulfilling us. These feelings, which hold importance to us, are referred to as values. Each individual's values are unique and influence their decisions in different areas of life. For example, someone may value freedom and work hard to enjoy vacations and pursue hobbies, while another person may prioritize security and focus on building financial stability. The definition we assign to these values also matters. Understanding how we define and experience these emotions enables us to seek and cultivate them in various ways each day. By identifying our valued feelings and defining them, we gain clarity on our targets and develop strategies to experience them more frequently.

Life Values	What It Represents

# Value Compass™



Our actions and choices in life are driven by the desire to experience specific feelings. Whether it's going to work for a sense of success, security, or connection, our feelings play a significant role in motivating and fulfilling us. These feelings, which hold importance to us, are referred to as values. Each individual's values are unique and influence their decisions in different areas of life. For example, someone may value freedom and work hard to enjoy vacations and pursue hobbies, while another person may prioritize security and focus on building financial stability. The definition we assign to these values also matters. Understanding how we define and experience these emotions enables us to seek and cultivate them in various ways each day. By identifying our valued feelings and defining them, we gain clarity on our targets and develop strategies to experience them more frequently.

Prioritize Your Values	Positive End Feeling