

## WEEK 2, DAY 6

# The value of values

### ACTION PLAN

It can be easy to listen to the world's definitions of what we need. But today we invite you to spend some time listening to your own inner voice and reflecting on the things you truly value.

When we align our personal values with our financial decisions we have a greater chance of gaining peace and satisfaction.

Spend time with the following questions:

1. If you knew you only had a few years to live and you're not sick – what would you do with your time? Who would you spend it with?
2. You've only got 24 hours left to live – what would you do? Who would you want to be with?

### VALUES AND DECISION MAKING

Think about where you have been spending your money in the past month, and if the choices/decisions you made are working for you.

Think about one purchase or financial decision you made:

1. Are you happy with what you bought or with the decision you made?
2. Did you think it was worth too much? Or, did you think 'I'm fortunate to be able to pay for this'?
3. Do you feel gratitude or resentment towards those purchases/financial decisions?

Complete the following sentences for purchases or financial decisions you've made recently - one you were happy with and one you would do differently next time. Our example shows that sometimes these can even be the same thing!

### EXAMPLE - PURCHASE I WOULD DO DIFFERENTLY

This week I bought a gift for a friend at the last minute and I was annoyed about it because I didn't have time and was frustrated that I'd spent too much money on something that my friend didn't even need.

### EXAMPLE - POSITIVE PURCHASE

This week I bought a gift for a friend and I was really satisfied about it because what I gave was thoughtful and a special way to acknowledge our friendship.

### Purchase (or financial decision) I would do differently

This week I \_\_\_\_\_ & I was \_\_\_\_\_ about it  
because \_\_\_\_\_  
\_\_\_\_\_

### Positive purchase (or financial decision)

This week I \_\_\_\_\_ & I was \_\_\_\_\_ about it  
because \_\_\_\_\_  
\_\_\_\_\_



### Reflect

What stood out to you in responding to these questions? Did they help you gain insight about what really matters to you? You may find it helpful to return to these questions at a later date.



### Respond

Head over to our Facebook group (Be The Boss Online Course) page to share your reflections. Or you may be comfortable raising this topic with someone close to you.



### Remember

"When your values are clear to you, making decisions becomes easier."  
- Roy E. Disney



### Go deeper

If you'd like to explore a more in-depth exploration of your personal values, try the activity here: [blogs.flinders.edu.au/student-health-and-well-being/2017/08/30/values-who-do-you-want-to-be-in-life/](https://blogs.flinders.edu.au/student-health-and-well-being/2017/08/30/values-who-do-you-want-to-be-in-life/)