



Australian Government  
Australian Sports Commission

# Discovering your personal values

Fully accessible version

## Welcome

Welcome!

As an HP athlete knowing and living your values is foundational to your performance and wellbeing.

By the end of this module, you will have the tools to help you discover your personal values!

## Learning outcomes

By the end of this module, as an HP athlete you will be able to;

- understand what personal values are
- explain how personal values play a critical role in life as an HP athlete
- be able to identify a variety of personal values
- identify your own personal values.

## Module information

This accessible version of the online module will;

- require you to also download the '[100 values](#)' document and have it on hand to refer to throughout the course



- include video transcripts
- require you to have a journal/document whilst completing so you can take notes
- include a short reflection quiz at the end.

## Video 1

To begin, let's learn from Mitch, an experienced Paralympian, what personal values are and why they are important to your wellbeing and performance.

### Transcript

The video images alternate between footage of Mitch sitting facing the camera, footage of him at the gym, and racing during the Olympics down the ski hill.

“Hi, my name's Mitch Gourley, and I've been fortunate enough to go to three Paralympic Winter Games, captain my country, and even managed to win a world championship and a couple of World Cups along the way.

Throughout my career, I've really struggled with maintaining and understanding my identity outside of sport.

I've often slipped into defining myself as a ski racer and then letting my entire self-worth ride that wave and then letting my entire self-worth ride that wave and deafening failure over and over again.

However, as my career has unfolded over time, I've begun to better understand my personal values, which has given me a better perspective on my sporting journey.

My key personal values are authenticity, mastery, and fairness, and I've relied on them in lots of different situations throughout my time in sport., Mitch is speaking towards the camera sitting in a kitchen.”

## 100 values

To help you discover your core values, download the 100 values document [here](#).



# Do you know your top 3-5 values?

We acknowledge that you may or may not have learnt about personal values already, either at school or through your sport. With that in mind, we have created this module so you can choose your own learning pathway depending on where you are at in your personal values exploration.

Let's get straight into it! Do you know what your top 3-5 personal values are?

If you have no idea continue to the next heading "What are values?"

If you kind of have an idea or already know your top 3-5 values, skip the heading "Discovering your personal values."

## What are values?

Values are not just words. For athletes, they are particularly significant as they underpin every aspect of your sporting journey. They serve as the foundation for your actions, decisions and interactions.

Values provide you with a sense of direction and purpose, helping you navigate through life's complexities with clarity and confidence.

They align with who you are as a person, and what is most important to you.

Now is a good time to open that list of values you downloaded at the beginning and explore them now knowing what you do!

## Discovering your personal values

So where do you start when trying to narrow down your top personal values?

Firstly, it is important to note that there is no right or wrong way to find out what your personal values are.

There are, however, a few different activities / approaches you can do to start to help you discover them!

Explore the options below to see which one you would like to try and see if it helps you!



## Reflect

- Pause: Think about the moments in your life when you felt truly fulfilled and proud, as well as upset or frustrated.
- Reflect: What were you doing? Who were you with? What was it that sparked that emotion?
- Select: These moments often highlight your core values. What value aligns with what brings you joy? What value was being compromised when you were upset?

## Identify

- Identify your role models.
- List the people you admire and respect. What qualities do they possess that you value? This can help you identify the traits and principles you hold dear.
- Reflect on why these individuals inspire you and how their values align with your own.

## Notice

- Increase your awareness.
- You make hundreds of decisions a day! But have you ever paid attention to what is driving them? Why did you decide what you did?
- It can be as simple as choosing what to have for a snack. Did you choose a healthy option, because you value your health, or did you choose a treat because you value the joy it brings?
- You may have even made a decision in the past that you regretted, was it because it turns out it didn't align with your values?
- Bringing awareness to the WHY behind your decisions can help you identify your top personal values.

## Learn

- Look for lists of common values and see which ones resonate with you. You can find these in books, online resources, or through personal development workshops.
- Try exercises like ranking values or writing about what each value means to you. This can help clarify which values are most important in your life.



## Let's make note of our values!

If you already know your top 3-5 personal values, take the time to note them down. It can be online or in a word document, whatever works best for you!

Or if you worked through the discovery activities, a variety of values would have come to mind. Take the time now to take note of 3-5+ values that feel important to you.

If you are stuck, you can always go back, or use the values list you downloaded earlier.

It is okay to narrow these down later and/or change them. But it is important to get them noted somewhere now to help you start using them as a tool to support your wellbeing and performance!

## Video 2

With an idea of what your top values are, let's learn again from Mitch to further understand how his values have supported his wellbeing as an HP athlete.

This video alternates between footage of Mitch sitting and facing the camera, to him skiing down the ski hill, packing his gear for a race, and talking to other athletes on the ski hill.

### Transcript

[Mitch Gourley, Paralympian] “For instance, my value of fairness has driven me to engage in plenty of challenging conversations.

One that springs to mind is a time when our able-bodied athletes and para-athletes weren't receiving the same uniform. In fact, our para-athletes were even receiving their hand-me-downs and the used uniform from the able-bodied team. This really clashed with my value of fairness and drove me to take action. As a result, uh, I stood up for para-athletes and it was a really uncomfortable and, and challenging situation. Um, however, this is because I valued fairness. I was confident that this was the right decision for me. Choosing not to take any action would've actually left me feeling worse.

With respect to mastery, I have a story about how our values can sometimes create some tension between who we are and also what we wanna achieve., Mitch is speaking towards the camera sitting in a kitchen. I remember a time in my career when I was very focused on results, so much so, that I once tactically skied within myself in order to win an important race. However, this decision always made me feel uneasy as I knew that I hadn't put everything into my performance.

My third story is about authenticity. For me, authenticity brings all my values together because I feel like being authentic is about being yourself and acting in accordance with your values. Recently I wrestled with the decision to take a season away from competing in my sport, which was incredibly challenging to do after 15 years of back-to-back winters. However,



despite all of the noise and external pressures to continue, I knew that I couldn't compete that year and still remain authentic to myself and to my values.

In summary, personal values are important to me because they provide a framework for checking my perspective. They help me to better understand the kind of person that I am right now and the kind of person that I want to be both in my sport and in my life. For me, personal values are my anchors, values that guide me in my decision making, that guide me in my decision making or strive for certain things in different parts of my life.

## Aligning with your personal values

It is important to align your values with your daily life, so they evolve beyond just words.

As an HP athlete, your schedules can be packed full, so here are a few easy reminders to help align with your personal values with your daily decisions, behaviours and actions.

### Visual reminders

- Create visual cues that remind you of your values. This could be a vision board, sticky notes, or even setting your phone wallpaper with words or images that represent your values.
- Place these reminders in areas where you spend a lot of time, like your workspace, bedroom, or bathroom mirror.

### Reflections

- Set aside a few minutes each day to reflect on your actions and decisions. Ask yourself if they align with your core values. Journaling can be a helpful tool for this practice.
- Consider starting or ending your day with a brief meditation or mindfulness exercise focused on your values.

### Goals

- Align your goals with your values. When setting goals, ask yourself how they reflect your core principles and how achieving them will help you live according to your values.



- Regularly review and adjust your goals to ensure they remain in harmony with your values as you grow and change.

## Reflective Quiz

You have discovered your personal values and now have an action to take to help you align it with your daily life!

Below are the reflective quiz questions if you would like to test your knowledge. There are 5 questions.

### Question 1

This question is multiple choice (you can select more than one answer)

The question is 'Personal values can help you live a balanced and healthy life as an elite athlete by:

- a. helping you stay grounded.
- b. connecting you, your choices and your actions with who you are and who you want to be.
- c. increasing your performance through enhancing your wellbeing.
- d. supporting your goals, by aligning your values with them.

The correct answer is a, b, c, and d

### Question 2

This question is multiple choice (you can select more than one answer)

The question is 'What are the differences between values and goals?'

- a. values are one's judgement of what is important, whereas goals are an aim or a desired result.
- b. values have measurable outcomes, whereas goals do not.
- c. values are principles or standards of behaviour, whereas goals are the object of your ambition or effort.
- d. values are the same for everyone, whereas goals are ideas.

The correct answers are A and C.



### Question 3

This question is a ranking multiple-choice question, therefore there is no right or wrong answer.

The question is 'How confident are you that you know your top 3 values?'

- a. Not very confident
- b. Somewhat confident
- c. Confident
- d. Very confident

### Question 4

This question is a ranking multiple-choice question, therefore there is no right or wrong answer.

The question is 'Rank the following methods for identifying your top values, starting with the most helpful to the least helpful'.

- a. Reflecting on past and present moments.
- b. Noticing how and why you make decisions every day.
- c. Identifying those who you admire and respect.
- d. Looking up a list of values and exploring them.

### Question 5

This question is a ranking multiple-choice question, therefore there is no right or wrong answer.

The question is 'Rank the following methods for aligning your daily life with your values, starting with the most helpful to the least helpful.'

- a. Goals (aligning your values and goals)
- b. Reflections (journals, meditations, etc...)
- c. Visual reminders (such as symbols, objects, notes etc...)

## Congratulations

Congratulations! You have completed the 'Discovering your personal values module'.





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We hope this has helped you identify your top personal values and gave you some ideas on how you can start to live by them to help increase your performance and wellbeing!

