

## Identifying Values, Ideals and Priorities (VIP's)

*One's principals or standards*

*One's judgement of what is valuable or important in life*

*The Australian Concise Oxford Dictionary*

*Something of merit considered to be of significance and importance to the human experience.*

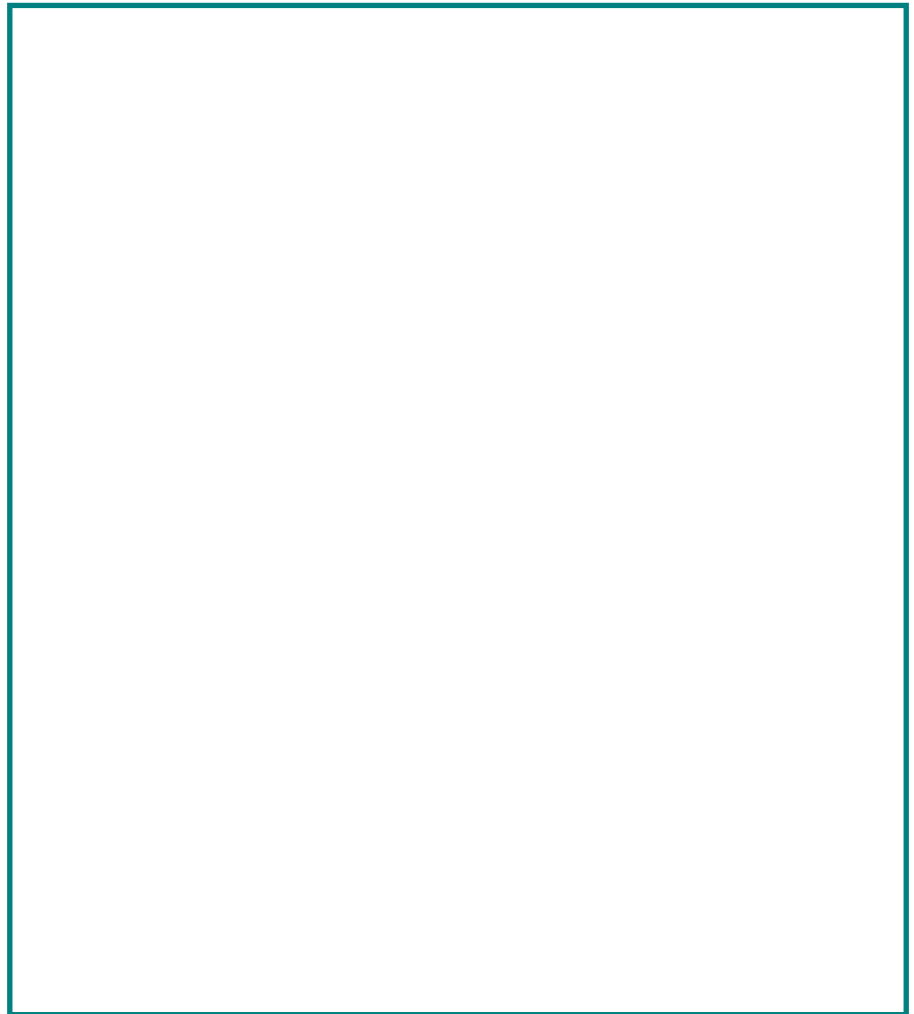
*A quality or activity that is deemed worthy of pursuit.*

*Something that motivates humans to act in a way which is proven to have a positive impact on themselves and others.*

*Anonymous*

**In the space provided depict an Ideal Work or Home Environment; one in which you and the others sharing that space with you can thrive. Use Figures and props to portray the feelings of everyone involved and the roles they are playing in relation to one another.**

*One team, one purpose*  
*Common Focus/Ethos*  
*Synergy and Resonance*  
*Authenticity & Integrity*  
*Adaptability & Resourcefulness*  
*Mutual respect & Trust*  
*Organisational Support*  
*Affirmation & Encouragement*  
*Job Satisfaction*  
*Financial Security*  
*Family*  
*Education*  
*Knowledge and Learning*  
*Friendship & Camaraderie*  
*Collaboration & Team work*  
*Support for the Community*  
*Altruism*  
*Environmental Sustainability*  
*Capability*  
*Striving for Excellence*  
*Reflective Practice*  
*Critical Thinking*  
*Professional Performance*  
*Ethics & Accountability*  
*Loyalty- Fidelity*  
*Reliability- Dependability*  
*Functional Systems/Routines*  
*Celebration of Accomplishments*  
*Forgiveness-Second Chances*  
*Good Humour*  
*Religious Practice/involvement*  
*Health & Physical Wellbeing*  
*Me Time- Hobbies, vacations*

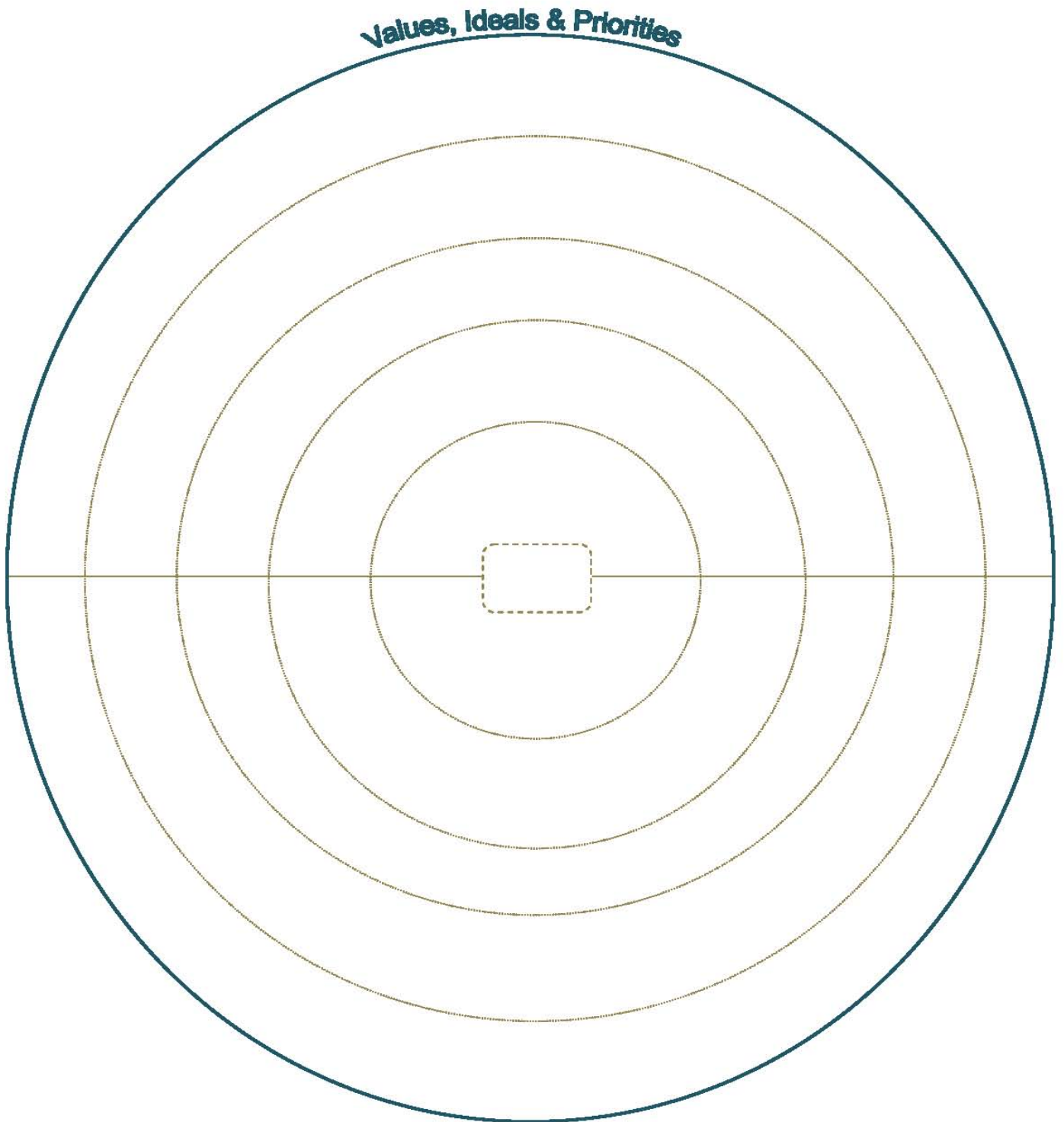


**Looking at the picture you have created, what Values, Ideals & Priorities (VIP's) are evidenced?**

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Title: \_\_\_\_\_



## Directions for the Values, Ideals and Priorities (VIP) Technique

Prior to doing this technique it is beneficial to give the individual, team or family, time to discover and identify core Values, Ideals and Priorities (VIP's). If the group has already collectively identified 6 VIP's through a previous technique, modify the directions so that individuals are comparing the identified VIP's of the family/organisation with their own to see if they are aligned.

### Warm up

Think about the Values, Ideals and Priorities you personally hold dear. We will call these VIPs; things that make life/ the home/ the work environment good and worthwhile.

### Serious Play

1. Choose a figure to represent you. Place it in the centre of the circle facing in the direction of the upper semicircle. This upper semi circle is the very essence of who you are and what you believe.
2. On this upper semicircle, use figures and props to represent six cherished Values, Ideals and Priorities you consider to be of the utmost worth and value. They may not be actualised in reality but they are very important. Position the VIP's you regard as most valuable on lines close to the figure representing you and place those things that are relatively less important (but still valuable) on lines further away from the figure representing you.
3. Looking at your VIP's are they yours or those imposed on you by society, culture, family or religion? If they are not truly yours, reposition them so that they represent your core beliefs and priorities.
4. Write what each figure/prop represents on the template, exactly where each item was placed.
5. Looking at the picture you have created, what would be a good title for it? Write it in the space provided.
6. Now turn the figure representing you to face the lower section of the circle. This lower half of the circle is your present reality.
7. On the lower semicircle, use figures and props to represent where those same values, priorities and values are presently in your life/the family/the organisation. Place those things that do in fact currently receive most of your/ the family's/the organisation's attention and energy on a line close to the figure representing you. Place those things that are not currently receiving priority on lines further away.
8. Once again, write what each figure/prop represents on the template where each item has been placed.
9. Looking at what you have created on both the upper and lower semicircle, how symmetrical is the picture? Are you living in a way that is aligned with your core values? If you are celebrate that.
10. If there are things you identified in the upper semicircle that are not aligned with those on the lower semicircle, does that mean they are not as important to you as you originally thought? For example, you may have realised that having a large salary is less important to you than spending more time with the family. If you need to, adjust the position of any figure or prop in the **upper** semicircle so that it more accurately prioritizes your VIPs.
11. If the VIPs you represented on the upper semicircle are indeed still very important but your life is not reflecting them in practice, how is that affecting you? How is that affecting others?
12. What can you do to align your life/workplace/family with your core values and ideals? Which VIP on the lower semicircle would you target first? Choose one and move the prop closer to the middle. What would that translate to in real life? What is the first adjustment or action needed to make that a reality? Does that step mean one of your other VIPs needs to be repositioned? Reposition them as necessary.
13. How difficult would that be in real life? What support systems can you call upon or create to help you with that?

### Share and Go

What have you learned from this process? *(If you are working with a couple/group, invite each person to share, if appropriate, which VIPs are aligned and not aligned. Record the common denominators.)* When the way we are living/working is aligned with our core values and beliefs, it affects not only us personally but also those around us. That's because there is what is called "Resonance". If you found that your VIP's were aligned with the way you live, think about ways to protect and preserve them. If your VIP's weren't all aligned, now you have a solid platform from which you can begin to change that. For clients whose values are not aligned follow up with : *Pillars of Life* and *Towards & Away From*.

## The Impact Technique

*Life is a matter of Choice, not a matter of chance.  
Unknown*

Consider the impact your decision may have on the following areas. Depict the impact for each using figures and/or props, or simply make notes of the positive and negative effects.

