

Inner World - Values

Why knowing my values is important?

Many of us **neurodiverse people share a strong desire for meaningful life and work**. This often arises from heightened sensitivity and a deep instinctive desire to live authentically.

Due to this characteristic, we often find mundane or misaligned situations quite challenging or draining (who said small talk?), while **purpose-driven activities fuel focus, creativity, and fulfilment**.

In that sense, to find purpose and meaning in what we do is fundamentally tied to **understanding our values**. It **helps us align our life and work with what truly matters to each of us**.

Side effects: Less overwhelm, more fulfilment, clarity, and energy, enabling you to navigate challenges authentically and thrive. ;)

Core Values 12-6-3

Start with **12 values that feel important to you**, narrow it down to **6 that matter most**, and finally, choose the top **3 with the highest priority**.

Pro tip: Define clearly what each value means to you. For instance, *power* can mean power over others, inner strength, or something else entirely. You know, nuances...

Adventure	Fulfilment	Gratitude	Making an impact
Integrity	Movement	Challenge	Physical Health
Joy	Humour	Collaboration	Reputation/Fame
Frugality	Tolerance	Security	Personal responsibility
Vitality	Time for...	Individuality	Close relationship with...
Serenity	Achievement	Freedom	Activity
Learning	Creativity	Success	Teaching/Knowledge
Courage	Belonging	Wisdom	Fun/enjoyment
Pleasure	Independence	Peace	Curiosity/Openness
Reason	Modesty	Relationships	Service to others
Wealth	Justice	Enthusiasm	Appreciation
Diligence	Spirituality	Harmony	World Improvement
Happiness	Order	Peace	Friendship
Family	Simplicity	Knowledge	Interconnectedness
Honesty	Passing on	Dignity	Kindness/ generosity
Power	Profit	Stability	Community
Love	Responsibility	Determination	Personal development
Truth	Compassion	Kindness	

Et voilà! Habemus valores nostros primarios! -white smoke-
(catholic nerd reference) ;)

Now, What to do with this?

This can be a hard part, so take a deep breath and ask yourself:

Do your job, career, relationships, goals, and other aspects of life align with or are close to those 3 values?

Can you see a connection between how present your values are in some aspect of life and how much you enjoy doing that?

And the other way around, can you identify some areas in your life where those values are not present? Are those areas challenging?

If there is no alignment is ok, now you have this awareness and you can start reshaping your life into the one you want, yes is possible.

*This list is not intended as a universal approach. I designed this exercise for a Western context, drawing on Schwartz's Theory of Basic Human Values, Standardised Indigenous Knowledge Systems, and the Ikigai Framework. While it aims to be as broad as possible, it remains context-specific. It's important to note that different cultures hold different sets of values, so if this list doesn't fully resonate with you, I wholeheartedly encourage you to explore other world-views.

Have an amazing day :)

José Antonio