

VIA: VALUES, INTERESTS, AND ABILITIES

VIA

A VIA can give you an overview of who you are, based on your values, interests, and abilities.

VALUES

In other words: what matters? Values are your ‘non-negotiables in life,’ ‘the lens through which you judge what is important’ ([Agrawal, 2018](#)), and they help define how to spend your time. In fact, they represent who we are. As our usual labels [marital status, job, city] serve as directions for others, values are our directions. If our values are in place, they can function as our new north, our individual framework, making much more manageable and meaningful decisions.

Here are some steps to define yours:

1. Take some me-time and write down ten words that resonate with you. Think back of situations that energized you, went you felt balanced, and write down words that align with them and keep reflecting on them for a while ([Agrawal, 2018](#)). This [list of values](#) by Brené Brown might inspire you.
2. Bring it down to a maximum of three values.
Use these questions to see if these are the three words that define who you are:
 - Does that characterize me?
 - Is this how I am at my best?
 - Is this a filter I use to make tough decisions?

If all your actions lead back to these values, they match.

INTERESTS

What do you consider as your hobbies? Think of anything of interest to you, like exercising, art, sports, traveling, etcetera. List everything you like to spend time on, energizes you, or calms you down.

ABILITIES

What kind of skills are in your toolbox? The tricky thing here is that it might overlap your interests, and it could appear to you like something you do not recognize as a skill. I listed, for example, listening, which is evident to me as a coach, but I did learn throughout the time that not everyone inherits this skill.

