



VALUES THAT GUIDE YOU IN YOUR QUEST

Values are the principles, beliefs and attitudes that guide you in your life...your decisions, actions and behaviors. Values are like the lighthouse that guides a ship to safe harbors. Our values anchor us and give us the strength to make decisions that will impact our lives. Too often, we are unable to identify what is really important to us, we don't live our lives in alignment with our values and then wonder why we feel unbalanced or things aren't working out the way we planned. When you are not in alignment with your values, when you act in a way conflicting to your core beliefs, your life doesn't flow easily-you seem to struggle with almost everything. Use this worksheet to identify and discover your true values!

Instructions:

1. Brainstorm and identify your top 10 values. Use "Attachment A" to help you pinpoint those key values. If one of your values is not on the list that is ok...be sure to use it in this exercise. Let Donna know so she can add it to the list.
2. Using Attachment B, Section I-Identifying Your Values, write one of your values at the top of each column in the Table. You should have 10 that you identified.
3. In the same order, write your values at the beginning of each row in the Table.
4. Now compare the values appearing across the top and down the side of your table. Which of the two values is most important to you?
5. Be sure to write the values in the UNSHADED box of the table where the column and row intersect. Continue across the row comparing the value at the head of each row to each of the values at the top of the columns. Then move on to row two and follow the same process.
6. Work through each row until all empty boxes are filled.
7. Count the number of times each value is written in the boxes of the table.
8. In Section II-Scoring Your Values write the each value and right next to it put the number of times it appeared on the Table. The total number should equal 45 if you add up all the values.
9. Now identify the top 3 values...these would be the values that appeared most often in the table.
10. Now think about your life today...are you living your life by YOUR values?

SECTION I: Identifying Your Values Table Example

Values	Achievement	Leadership	Family	Creativity	Entrepreneurship	Spirituality	Diversity	Integrity	Loyalty	Making a Difference
Achievement		Leadership	Family	Achievement	Entrepreneurship	Spirituality	Diversity	Integrity	Loyalty	Making a Difference
Leadership			Family	Leadership	Leadership	Leadership	Leadership	Integrity	Loyalty	Making a Difference
Family				Family	Family	Family	Family	Integrity	Family	Family
Creativity					Entrepreneurship	Spirituality	Diversity	Integrity	Loyalty	Making a Difference
Entrepreneurship						Spirituality	Diversity	Integrity	Loyalty	Making a Difference
Spirituality							Spirituality	Integrity	Loyalty	Making a Difference
Diversity								Integrity	Loyalty	Making a Difference
Integrity									Integrity	Integrity
Loyalty										Loyalty
Making a Difference										

SECTION II: Scoring Your Values

Value	Score	Value	Score
Achievement	1	Spirituality	4
Leadership	5	Diversity	3
Family	8	Integrity	9
Creativity	0	Loyalty	7
Entrepreneurship	2	Making a Difference	6

SECTION III: Reflection...Are you living your life by your values?

Attachment A: Values List

Know your values - direct your life!

List of Values

Accomplishment	Creativity	Guiding	Mastery	Respectfulness
Achievement	Credit	Happiness	Materialism	Responsibility
Activity	Culture	Healing	Maturity	Retirement
Admiration	Decisiveness	Health	Meditation	Rewards
Advancement	Dining Out	Health insurance	Mentoring	Riches
Advantage	Discipline	Helping others	Metaphysics	Satisfaction
Adventure	Docility	High standards	Military	Schedule
Advocacy	Dominance	Holiness	Millions	Security
Affection	Drama	Home	Modesty	Self-expression
Affluence	Duty	Honesty	Money	Self-reliance
Age	Eating	Honor	Morality	Self-respect
Ambition	Economic security	Hope	National security	Self-satisfaction
America	Education	Humility	Neatness	Service
Appearance	Employment	Humor	New car	Sincerity
Art appreciation	Endurance	Imagination	Nonconformity	Social life
Artistic expression	Energy	Improving society	Nurture	Social power
Athletics	Enjoyment	Impulse	Obedience	Social recognition
Authenticity	Enterprise	Income	Order	Social relations
Authority	Entertainment	Independence	Outdoor life	Space
Autonomy	Entrepreneurship	Individualism	Ownership	Spirituality
Beauty	Environment	Industriousness	Participating with Others	Sports
Belonging	Equality	Influence over others	Patience	Stability
Brotherhood	Equal opportunity	Inner direction	Peacefulness	Stamina
Business	Eternal life	Inner guild	Persistence	Standing up for belie
Career	Exciting life	Inner harmony	Personal development	Status
Caring	Exercise	Innovation	Philanthropy	Stimulation
Challenge	Experience	Insurance	Philosophy	Suburban focus
Charity	Experimentation	Integrity	Play	Suburban living
Clarity	Faith	Intellectual stimulation	Pleasure	Success
Close friends	Fame	Interpersonal relations	Politics	Survival
Club membership	Family	Intimacy	Possessions	Taking risks
College degree	Family orientation	Involvement	Power	Teamwork
Comfort	Family security	Joviality	Process	Technique
Commitments	Flamboyance	Joy	Production	Tenacity
Competition	Free choice	Lack of pretense	Professionalism	Tradition
Conformity	Freedom	Laughter	Prosperity	Tranquility
Connections	Free time	Leadership	Psychic power	Travel
Conservation	Friendship	Leisure	Reading	Trust
Consistency	Frivolity	Life	Rebellion	Truthfulness
Control	Fun	Life insurance	Recognition	Urban focus
Cooperation	God's will	Literature	Religion	Urban living
Country	Golden rule	Love	Religious beliefs	Wealth
Country focus	Good income	Lover	Reputation	Welfare
Country living	Goodness	Loyalty	Respect	Well-being
Crafts	Gracious living	Managing		Winning

Others added:

- Making a Difference
- Authenticity
- Skillful
- Enlightenment
- Rectitude...Right from Wrong
- Platinum Rule...Treat others as they want to be treated.



Attachment B: Identifying Your Values Table

SECTION I: Identifying Your Values Table

Values										

SECTION II: Scoring Your Values

Value	Score	Value	Score



SECTION III: Reflection

Take your top 5 values and list them below in order of importance. Check all the columns that apply to each of your values listed here.

Values	Freely Chosen	Chosen from Alternatives	Chosen after considering consequences	Cherished and Prized	Affirmed Publicly	Acted Upon	Acted Upon Constantly

Are these truly your REAL values?

Are you living your life today in alignment with your top values?

If you are not in alignment what is causing this imbalance?

What are the actions and behaviors that you do daily that reflect these values? Identify 5 actions.

What are 3 actions you can take immediately to align more with your values?

Other thoughts: