

Values Worksheet

Why Values are Important

Until we know what is important to us -- what we care about -- we cannot begin to chart our course to where we want to be. When we know what we care about, and identify what motivates us, inspires us, and drives us, we begin to envision what we want our future to look like and strategize how we will get there. It all begins with us. So to begin with we need to do the work of searching our souls and getting to know who we really are.

Values --

- Influence all aspects of our lives
- Supply us with a moral compass
- Serve as guides to action – inform our decisions of what to do and what not to do
- Inform how we respond to others
- Empower us
- Motivate us
- Drive commitment in ourselves and others

Values Clarification

- Think about times in your life when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing?

- Think about a time when you felt especially successful and proud of what you did or were part of.

- Think about what is important to you and what you think makes a meaningful life you could value. Include principles, feelings, and activities.



From the following list check off all of the values that are important to you. Add any values that are important to you, but are not on the list.

- | | | |
|-------------------|----------------|-------------------|
| Integrity | Privacy | Fun |
| Security | Power | Competition |
| Friendship | Responsibility | Leadership |
| Family | Humility | Fame |
| Gratitude | Loyalty | Creativity |
| Happiness | Balance | Compassion |
| Health | Love | Equality |
| Humor | Passion | Physical activity |
| Authenticity | Faith | Stability |
| Service to Others | Harmony | Safety |
| Commitment | Achievement | Wealth |
| Excellence | Connection | _____ |
| Kindness | Spirituality | _____ |
| Knowledge | Progress | _____ |
| Impact | Development | _____ |
| Fairness | Innovation | _____ |
| Independence | Vision | _____ |
| Rest | Growth | |
| Courage | Influence | |
| Adventure | Challenge | |



From those values you have selected, choose the ten that are most important to you, and prioritize them.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

What are the five values that are most important to you? Prioritize them.

- 1.
- 2.
- 3.
- 4.
- 5.

Look back at the answers to the three questions asked at the beginning of this exercise. How do you see your values show up in your responses?