

Values – worksheet

What are values?

Values are as unique as fingerprints. They are principles that you hold to be of worth in your life. People often confuse values with morals. Values are not chosen. They are intrinsic to you. Some examples of values – accomplishment, authenticity, creativity, focus, leadership, recognition, vitality. There are literally infinite possibilities.

What is the *value* in exploring values?

When we discover what we value, we are able to make choices and orient our lives around our values. When we live a life that honors our values, we find greater fulfillment which leads to peace, motivation, joy.

Where do I look for my values?

Try answering some of the following questions. Or better yet, get together with a friend, family member or colleague and write down your answers.

- When you embarked on your current business or life venture, what were you seeking more of? (try to think beyond money)
- What is the goal you have for yourself in your current situation?
- On a scale of 1 to 10, how satisfied are you with your current situation?
- If time and resources were not a concern, would you be doing what you're doing? If not, what would you be doing?
- Who are you becoming? Who do you want to be?
- What did you used to dream of becoming when you were young?
- What activities fill you up?
- When are you most alive? What are you doing?
- Think about an incredible experience you had. What made it so incredible? What "values" were being expressed in your experience?

Okay, I have a better idea of my values. Now what?

Try and come up with a list of at least 5 values. Post the list somewhere you will see it every day. Once a week, rank on a scale of 1 to 10 how well you are living each value. If the number is 7 or below, what kind of activity would bring that number up? Challenge yourself to do something every week that will cause you to live each value more fully.