

Values

Standards that guide our actions, beliefs, and decisions
and are based on our life experiences

Warm Up & Reflection

Who is someone that you admire and why:

What values do they exhibit?:

Who is someone that frustrates you or makes you angry and why:

What values are they violating?:

What does this exercise tell you about your own values?:

Values

First Steps: Rank each value 1-5, Then Circle each one that is a 4 or 5.

- Fairness:** Equal Opportunity (least) **1 2 3 4 5** (most)
- Honesty:** Sincerity, truthfulness (least) **1 2 3 4 5** (most)
- Tolerance:** Respectful of differences (least) **1 2 3 4 5** (most)
- Courageous:** Standing up for your beliefs (least) **1 2 3 4 5** (most)
- Integrity:** Acting in line with your beliefs (least) **1 2 3 4 5** (most)
- Forgiveness:** Able to pardon others and let go of hurt (least) **1 2 3 4 5** (most)
- Peace:** Freedom from war and armed conflict (least) **1 2 3 4 5** (most)
- Environment:** Respecting the future of the earth (least) **1 2 3 4 5** (most)
- Competence:** Being good at what I do, capable, effective (least) **1 2 3 4 5** (most)
- Achievement:** Successful completion of a visible task or project (least) **1 2 3 4 5** (most)
- Advancement:** Getting ahead, ambitious, aspiring to higher levels (least) **1 2 3 4 5** (most)
- Intellectual Status:** Being regarded as an expert (least) **1 2 3 4 5** (most)
- Recognition:** Getting noticed for effective efforts (least) **1 2 3 4 5** (most)
- Authority:** Having the power to direct events, make things happen (least) **1 2 3 4 5** (most)
- Power:** Control over other people, making them do what I want (least) **1 2 3 4 5** (most)
- Competition:** Winning, doing better than others (least) **1 2 3 4 5** (most)
- Challenge:** Testing limits, strength, speed, and agility (least) **1 2 3 4 5** (most)
- Self-Acceptance:** Self-respect, self-esteem (least) **1 2 3 4 5** (most)
- Knowledge:** Seeking intellectual stimulation, new ideas, truth, and understanding (least) **1 2 3 4 5** (most)
- Adventure:** Challenge, risk-taking, testing limits (least) **1 2 3 4 5** (most)

Values

Creativity: Finding new ways to do things, innovative	(least) 1 2 3 4 5 (most)
Personal Growth: Continual learning, development of new skills	(least) 1 2 3 4 5 (most)
Inner Harmony: Freedom from inner conflict, integrated, whole	(least) 1 2 3 4 5 (most)
Spiritual Growth: Relationship to higher purpose, divine being	(least) 1 2 3 4 5 (most)
Belonging: Being connected to and liked by others	(least) 1 2 3 4 5 (most)
Diplomacy: Finding common ground with difficult people and situations, resolving conflict	(least) 1 2 3 4 5 (most)
Teamwork: Cooperating with others toward a common goal	(least) 1 2 3 4 5 (most)
Helping: Taking care of others, doing what they need	(least) 1 2 3 4 5 (most)
Communication: Open dialogue, exchange of views	(least) 1 2 3 4 5 (most)
Friendship: Close companionship	(least) 1 2 3 4 5 (most)
Consensus: Making decisions everyone can live with	(least) 1 2 3 4 5 (most)
Respect: Showing consideration, regarding with honor	(least) 1 2 3 4 5 (most)
Tradition: Respecting the way things have always been done	(least) 1 2 3 4 5 (most)
Security: Freedom from worry, safe, risk free	(least) 1 2 3 4 5 (most)
Stability: Certainty, predictability	(least) 1 2 3 4 5 (most)
Neatness: Tidy, orderly, clean	(least) 1 2 3 4 5 (most)
Self-Control: Restrained, self-disciplined, unemotional	(least) 1 2 3 4 5 (most)
Perseverance: Pushing through to the end, completing tasks through challenge	(least) 1 2 3 4 5 (most)
Rationality: Consistent, logical, clear reasoning	(least) 1 2 3 4 5 (most)
Health: Maintain and enhance physical well-being	(least) 1 2 3 4 5 (most)
Pleasure: Personal satisfaction, enjoyment, delight	(least) 1 2 3 4 5 (most)
Play: fun, lightness, spontaneity	(least) 1 2 3 4 5 (most)

Values

Creativity: Finding new ways to do things, innovative	(least) 1 2 3 4 5 (most)
Play: Fun, lightness, spontaneity	(least) 1 2 3 4 5 (most)
Prosperity: Flourishing, being well-off, affording what I want	(least) 1 2 3 4 5 (most)
Family: Taking care of and spending time with loved ones	(least) 1 2 3 4 5 (most)
Appearance: Looking good, dressing well, keeping fit	(least) 1 2 3 4 5 (most)
Intimacy: Deep emotional, spiritual connection	(least) 1 2 3 4 5 (most)
Aesthetics: Desire for beauty	(least) 1 2 3 4 5 (most)
Community: Living where neighbors are close and involved	(least) 1 2 3 4 5 (most)

Make a list of your top 25 Values based on your 4's and 5's rankings

Then, narrow your list from 25 to 10 Values, in any order.

Go from 10 to 5, in order of priority.

Consider:

Are they balanced?

Are they my own?

Now you should have your Top 5 Values!

Values

Values Reflection

Choose 1 of your Top 5 Per Day to Reflect On

Value:

What are 1 or 2 experiences that shaped this value?

What are the behaviors that support this value?

What are the behaviors that don't support this value?

Write about a time you lived into this value.

Following Day - Further Reflection

How can you support yourself in living your values?

What does it feel like to live in alignment of your values?

What does it feel like when you are not living in alignment of your values?

How do these values show up in your life in terms of behaviors?

Who supports you in living your values?

Suggested Week Accountability:

Day 1: Pre-Reflection & Values Exercise

Day 2-5: Breakdown Each Value

Day 6: Further Reflection