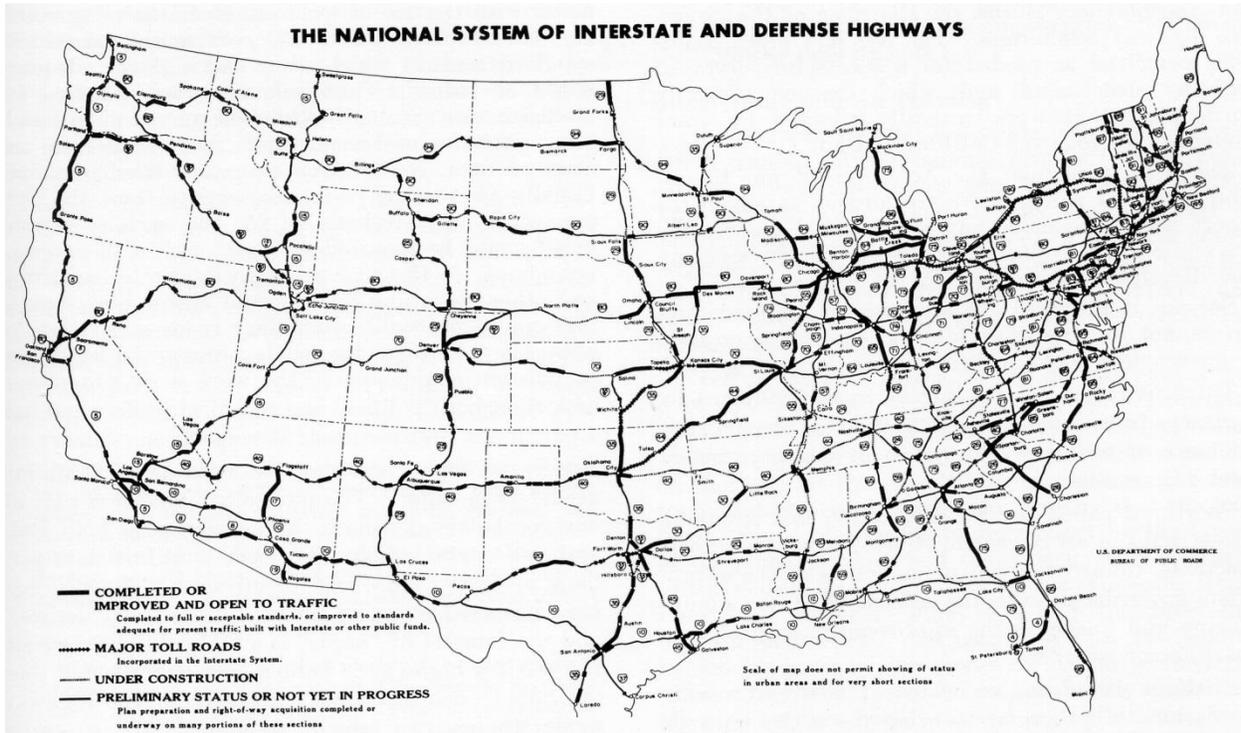


VALUES



Imagine that you have no map, GPS, compass, directions, or signs. Now imagine that I tell you to get in your car and meet me in Detroit in 3 days. What is the likelihood that you will arrive on time? What is the likelihood that you will ever arrive? Clearly, multiple sources of directions/guidance are invaluable when making such a journey. And yet a trip to Detroit is a relatively trivial and temporary endeavor.

Furthermore, most people engage in extensive planning to take road trips – performing routine maintenance on their vehicle, assembling audio books and music playlists, packing their belongings, stocking up on snacks, etc.

Compare how you prepare for a road trip to how you have or do prepare for your life journey. Have you defined where you want to end up? What set of directions are you using to guide you to this end goal? Are your directions tailored to you? (If not, you are potentially wandering aimlessly...hoping to end up somewhere good.) And how much effort have you invested in making your life journey safe, enjoyable, and purposeful?

A more sustainable plan in life is to define who you are and who you want to be, identify your overarching values, and understand how these values can keep you on course during important decision points in life.

The purpose of this exercise is to assist you in identifying your core values and to help you start thinking about how these values can keep you on course in your daily life.

VALUES WARM-UP

1. Some people I admire are...

2. Qualities I admire in other people include...

3. I am motivated by...

4. I am most contented when I...

5. Things that bring me comfort include...

6. I am most proud of myself when...

7. I am most likely to experience guilt when I...

8. I tend to judge myself harshly when I...

9. I would most like to be remembered as a person who...

IDENTIFYING YOUR PERSONAL VALUES

We commonly think that all positively-valenced values are a good idea, so we mentally cosign them and attempt to enact them all simultaneously. This sets us up for perceived failure, however, as circumstances can make various value compete with one another. This page is designed to encourage you to be more selective in thinking about those values that are most important to you. After some consideration, put a checkmark next to the values that are most important to you and add any personally important values that are missing.

- | | | |
|---|---|--|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Faith | <input type="checkbox"/> Poise |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Financial Security | <input type="checkbox"/> Power |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Freedom | <input type="checkbox"/> Productivity |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Friendship | <input type="checkbox"/> Professionalism |
| <input type="checkbox"/> Aesthetics | <input type="checkbox"/> Fun | <input type="checkbox"/> Prosperity |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Generosity | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Graciousness | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Recreation |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Grit | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Growth | <input type="checkbox"/> Reliability |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Happiness | <input type="checkbox"/> Resiliency |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Harmony | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Health | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Honesty | <input type="checkbox"/> Restraint |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Honor | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Community | <input type="checkbox"/> Hope | <input type="checkbox"/> Security |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Humility | <input type="checkbox"/> Self-Compassion |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Humor | <input type="checkbox"/> Self-Reliance |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Improvement | <input type="checkbox"/> Self-Respect |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Independence | <input type="checkbox"/> Self-Sufficiency |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Individuality | <input type="checkbox"/> Self-Worth |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Inner Harmony | <input type="checkbox"/> Selflessness |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Innovation | <input type="checkbox"/> Service |
| <input type="checkbox"/> Control | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Justice | <input type="checkbox"/> Social Contribution |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Kindness | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Credibility | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Leadership | <input type="checkbox"/> Status |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Love | <input type="checkbox"/> Stewardship |
| <input type="checkbox"/> Dedication | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Mastery | <input type="checkbox"/> Success |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Meaning | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Moderation | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Openness | <input type="checkbox"/> Time Freedom |
| <input type="checkbox"/> Education | <input type="checkbox"/> Optimism | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Order | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Organization | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Empowerment | <input type="checkbox"/> Originality | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Environmentalism | <input type="checkbox"/> Passion | <input type="checkbox"/> Valor |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Patience | <input type="checkbox"/> Variety |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Patriotism | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Peace | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Family | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Wisdom |

PERSONALIZING YOUR VALUES

List your top 5 values – in order – in the spaces provided below. To create your personal definitions, think about what the value means to you (i.e., how would life look if you were living up to that value fully) and what actions you would like to take to honor the value. Begin these statements with: *I will honor my value of _____ by...*

Note: These are not affirmation statements. Affirmation statements are typically written in present tense, as if you are already engaging in the desired behaviors (e.g., I stand up for myself). In contrast, one never “achieves” his/her values. Rather, living in accordance with one’s values is a lifelong effort – especially since our values and their definitions should evolve as we grow and learn. Additionally, stating that something *is* when it actually *is not* creates cognitive dissonance. (The term cognitive dissonance is used to describe the feeling of discomfort that results from holding two conflicting beliefs.) For example, if I state, “I stand up for myself,” when I actually don’t, the statement feels fraudulent and creates a cognitive state of failure.

Value	I will honor my value of _____ by...
(1) _____	_____ _____ _____
(2) _____	_____ _____ _____
(3) _____	_____ _____ _____
(4) _____	_____ _____ _____
(5) _____	_____ _____ _____

Example:

Family

I will honor my value of family by making choices that promote the physical, emotional, & financial health of my family & by nurturing these relationships.

DECISION-MAKING, ACCOUNTABILITY, AND CHANGE

Decision making: This is where *integrity* comes in. At each decision point in your life, you can use your top 5 values to assist you in making the best personal choice. If your values are not well-defined, decisions are often clouded by relatively unimportant factors (e.g., what others want you to do, what is easiest, what removes discomfort, etc.). Re-copy your top 5 values – in order – below. If you are struggling with making a decision, use this metric to review what is most important to you, and then select the most appropriate course of action.

Will this decision be consistent with my value of _____?

Will this decision be consistent with my value of _____?

Will this decision be consistent with my value of _____?

Will this decision be consistent with my value of _____?

Will this decision be consistent with my value of _____?

If the answer is “no” to any of the questions above, then you will probably not be satisfied with the outcome of that decision in the long run.

Accountability: This exercise can also be used after decisions have been made to determine whether past choices were appropriate. For example, Suzie went to a party, and another guest, Jane, was rude to Suzie. Suzie was upset by Jane’s rudeness, but didn’t say anything. Suzie was worried that confronting Jane would be interpreted as rude by the other guests. Suzie left the party feeling frustrated, angry, and embarrassed. She later considered her value of confidence and realized that not standing up for herself dishonored her value of confidence.

If you find yourself experiencing similar discontentment, run your actions through the same metric as above to determine where you took a wrong turn and to problem-solve similar situations in the future.

Were my actions consistent with my value of _____?

Were my actions consistent with my value of _____?

Were my actions consistent with my value of _____?

Were my actions consistent with my value of _____?

Were my actions consistent with my value of _____?

Change: Taking stock of this entire exercise, what is the one thing you could do immediately to live more consistently with your values?
