

# Values Worksheet

## Discover Your Top Five Values

Whether you honor your personal values or not can mean the difference between a happy life or one filled with grief. This is why it is so important to not only know your top values, but to know which ones take highest priority.

For example, some of my highest values are Family, Health, Entrepreneurship, Love, and Creativity.

I owned a business at one time and it was very successful. But something started to creep up and bother me with time. As I became busier, I noticed that owning the business took a toll on my family life. I felt sad because I had no quality time to just hang out with my family.

It wasn't until I started meditating that I discovered the gift in taking a personal time-out to hear what I truly needed. I realized I was living a tug-of-war between my family and my business. And sure, sometimes people can try to make us feel guilty about not seeing them, but in my case, it wasn't that my family was making me feel guilty. I just really, really missed seeing them. Sometimes you have to dig deep and find the origin of what's bothering you, no matter how scary that discovery process may be.

And so there I was, trying to decide what to do next.

And of course sometimes we go to the surfacey answers like, "Okay, well, I'll just give up this value (Business) to have this one (Family)." But a session with one of my teachers opened me up to the idea that I can have many things in my life all operating at the same time. Isn't this what love is really about anyway... Inclusion?

And this concept forced me to look at things differently, more creatively. I started asking questions like... “How could I have a family and business both? And which one matters more? And so what does this mean for the other one?” etc. etc.

And you can see how being open to honoring your values, but then being open to being curious about them can really help you travel further along your path with more happiness.

## **THE PROBLEM WITH NOT KNOWING YOUR VALUES**

Most people who come to me for a session have neglected their core values or don't even know what their highest values are. They start to feel like something is wrong or missing in their life and they can't pinpoint what the problem is.

After a little probing, I'll find that they are either unclear about their values or living out of alignment with them. This can sometimes happen because they are either suppressing their values or compromising them. Many people start to live a whole other life (which I often reveal as being off path) for the sake of keeping the peace with their family members, friends, coworkers, boss or even religious and political organizations.

Being out of alignment with core values causes a great deal of suffering. There is such a huge price to pay when you don't have clarity about what's most important to you. The misalignment can cause feelings of anxiety, stress, and regret. It can make you feel torn and conflicted. You may feel drained, tired, confused and like you are going in circles. This often leads to discomfort and dissatisfaction in careers, relationships and even with the self.

I encourage you to take some time to write down about five of your top values and then meditate or journal about them. Here are some tips to get you thinking more about how your values may have an impact in your life.

## **TIPS TO DISCOVER YOUR TOP VALUES**

- What do you find yourself defending or arguing for when you talk to friends and family? This often reveals a top value for you.

- What is something that you must have in your day? Everyday? For example, do you need to be able to go to the gym each day? Perhaps this reveals that health or fitness is a high value.
- Ask yourself the simple question, “What is most important in my life?” List off the top things that come to mind, no judging.
- Dig deeper and ask, “What do these values mean to me?” For example, if you listed ‘money’ as a value, ask what money means to you. Perhaps it symbolizes freedom or stability. List those as top values.

Here is a list of values to get you started. Circle ones that stand out to you.

Abundance	Confidence	Fun	Open	Synergy
Accepting	Connection	Funny	Optimism	Teaching
Accomplishment	Consciousness	Generosity	Order	Team
Acknowledgement	Contentment	Giving	Organization	Thankfulness
Advancement	Contribution	Grace	Passionate	Time Freedom
Adventure	Courage	Gratitude	Peace	Tranquility
Affection	Creativity	Growth	Perfection	Transcendence
Affluence	Curiosity	Happy	Performance	Trust
Ambition	Decisiveness	Hard Work	Perseverance	Understanding
Analytical	Dedication	Health	Persistence	Unique
Appreciation	Delight	Having a Family	Personal Growth	Variety
Arts	Democracy	Helping Others	Persuasiveness	Vision
Attractiveness	Devotion	Honesty	Physical Strength	Vitality
Authority	Discipline	Honor	Playfulness	Winning
Awareness	Education	Hope	Pleasure	Wisdom
Balance	Effectiveness	Humor	Presence	Wittiness
Beauty	Efficient	Imagination	Privacy	Wonder
Believe	Elegance	Impact	Productivity	Youthfulness
Belonging	Empowerment	Independence	Prosperity	
Bliss	Encouraging	Influencing Others	Recognition	
Boldness	Endurance	Inner Peace	Relaxation	
Bravery	Energetic	Innovation	Reliability	
Brilliance	Enjoyment	Inspiring	Reputation	
Calm	Enlightenment	Integrity	Resilient	
Capable	Enthusiastic	Intelligence	Resourcefulness	
Centered	Environment	Intentional	Responsible	
Certainty	Excellence	Intimacy	Sacred	
Challenge	Excitement	Intuition	Satisfaction	
Change	Expressive	Joy	Security	
Charity	Faith	Kind	Self-Improvement	
Charming	Faithful	Knowledge	Self-Respect	
Children	Fame	Laughter	Serenity	
Clarity	Family	Leadership	Service	
Cleanliness	Fearlessness	Learning	Sexuality	
Clear	Financial Independence	Love	Silence	
Clear-Minded	Fitness	Loyalty	Simplicity	
Closeness	Flexible	Make a Difference	Sincerity	
Comfort	Focus	Meaningful Work	Spiritual	
Commitment	Forgiveness	Mindfulness	Spontaneity	
Community	Freedom	Money	Stability	
Compassion	Friendship	Motivation	Structure	
Compliments	Frugal	Nature	Supportive	
Concentration	Fulfilled	Nurturing	Success	

Once you have a long list of top values, try to prioritize them. The best way to do this is to first eliminate the ones you could live without. Then circle the ones that feel most important. And finally, list your top five in order, and figure out which one is the very top value.

What are your top five values: \_\_\_\_\_

What is your top value: \_\_\_\_\_

Create a few statements surrounding each of these values. Use statements such as, "I know I have success in (value) if (fill in the blank)." An example would be, "I know I have success in (health) if (I am jogging everyday)." Or "I know I have success in (family) if (we have quality time each day together)." Create a few statements for each value. This will help give you some ideas about what is needed for each of these core values.

I know I have success in \_\_\_\_\_ if \_\_\_\_\_.

I know I have success in \_\_\_\_\_ if \_\_\_\_\_.

I know I have success in \_\_\_\_\_ if \_\_\_\_\_.

The more you align with these statements and implement them into your life, the more happy and fulfilled you will feel. This is also a great exercise to do with family and friends. It can help you see what is most important in your life and theirs and then you can find ways to support one another in achieving success in these areas.