

Values Exercise

Chances are good that many things are valuable to you. In this exercise, you want to identify what is **MOST** valuable to you.

Values . . .

- Are a part of the basic you.
- Give order to your life.

Values are not:

- Needs. If you need it, there is no choice about its importance.
- Virtues or qualities of personal character.
- Something you believe you “should” or “ought” to value. You either value it or you don’t.
- Something you do to get something else, that’s a motive.
- The same for everyone.

The **benefits** of clarifying your top values are that you

- Get clear about why you do what you do.
- Get clear about what is good and what is best.
- Have a basic foundation for
 - A much simpler life.
 - Establishing your personal mission statement. Purpose and vision will come to you much more quickly with clear values.
 - Aligning the whole of your life (individual, family, relationships, career, hobbies, memberships, service, etc.)
 - A system that you have designed for evaluating all you do.
 - Integrity. Living in accord with your basic self and convictions.
 - Living with a greater sense of centeredness and fulfillment.

As you work on the exercises below, you may find items recurring in a list or repeating across lists. That’s OK. You will clean it up later.

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Core Values: What is Most Valuable to You Already?

Be ruthlessly honest in responding to the questions below. Say the truth not what you wish were true. If it helps, think about a typical week or month. List at least 3 items and no more than 5.

What does my **schedule** say is most valuable?

(Where do you spend your time?)

- 1.
- 2.
- 3.

What does my **bank statement** say is most valuable?

(Not including expenditures for basic needs of food, clothing, shelter, healthcare)

- 1.
- 2.
- 3.

What does the way I spend my **energy** say is most valuable?

- 1.
- 2.
- 3.

What do my **choices** say is most valuable?

(When given a choice, what things do you choose over other things?)

- 1.
- 2.
- 3.

What do my **thoughts** say is most valuable?
(What do you give most thought to?)

- 1.
- 2.
- 3.

What do my **"wants"** say is most valuable?

- 1.
- 2.
- 3.

What does my **attention** say is most valuable?
(When and where do you tend to really pay attention?)

- 1.
- 2.
- 3.

What does my **participation in interpersonal relationships** say is most valuable?

- 1.
- 2.
- 3.

What really **excites** me but I am **afraid** to do it?

- 1.
- 2.
- 3.

What fires me up?

- 1.
- 2.
- 3.

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Go through the items above and choose 10 items that are most important to you now.

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

Now, go through the 10 items above and choose the 5 items that are most important to you now.
List them here in rank order.

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

These are your 5 top **core values** as they stand now.

Aspirational Values: What you want to value?

You may or may not like what you just discovered about core values, nonetheless, they are your values and are a part of your essential self. Some of these can be adjusted. You likely have values to which you aspire or which you want to adopt. From what readily comes to mind...

List here the values you want to pursue

(Don't duplicate from core values, they are core or they are aspirational, not both.)

After listing from those that readily come to mind, walk away and give more thought to values you want to pursue. As others come to mind make a note of them. Return to this sheet in a few days and add the values you want to pursue from your notes to the above list.

Identify 3 individuals, from your life experience or history, you most admire. List them here.

- 1.
- 2.
- 3.

Beside each name, state one or more qualities you admire in them and after which you would like to pattern your life. The qualities you admire and want to emulate are aspirational values.

Now, take the list of values you want to pursue and the values you admire, **narrow those to the top 5 and list them here in rank order.**

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

These are your top 5 values you want to pursue but don't already have at your core.

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Who Matters Most to You?

Given your inventory so far, list in rank order, the people or small groups of people who matter most to you in life. List only 5.

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

This list is an expression of values as well.

Once, you have completed the values exercise, you are ready to begin the mission statement exercise.