

Values



Values guide our behavior and are helpful in decision making. They serve as the foundation upon you build your life and your organization. Connecting to your values and working to remain aligned with them improves your effectiveness and overall well-being.

Circle or highlight any values that intuitively stand out. Then, revisit these and prioritize them from most important to least.

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| Growth | Excellence |
| Humor | Honesty |
| Authenticity | Integrity |
| Justice | Loyalty |
| Friendships | Creativity |
| Balance | Compassion |
| Responsibility | Peace |
| Security | Spirituality |
| Wealth | Wisdom |
| Health and Wellbeing | Truth |
| Comfort | Perfection |
| Order | Uniqueness |
| Simplicity | Playfulness |
| Self-sufficiency | Service |

Are my actions generally aligned with my core values?

In what ways am I misaligned with my values?

How can I shift my actions to be more aligned with my values?

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To help identify your values, explore the following questions in a journal as they relate to values. You can choose a value from the list and see how your answers speak to your values.

It is important to recognize that we don't always have the freedom to align with our values. We only aim to notice the impact it has when we aren't aligned.

Exploration Questions

1. Think about times when you were happiest. What were you doing and how might you have been aligned with your core values then?
2. Think of a time you felt guilt, embarrassment, or regret. In what ways were your actions misaligned with your core values?
3. What qualities do you look for in a person you'd like to have a relationship with?
4. What qualities do you bring to your workplace?
5. How would you behave towards people at work if you were able to be your ideal self?
6. What sort of relationships do you want to build?
7. What type of activities would you like to do with these people?
8. What skills or qualities would you like to develop to further your career?
9. What lifestyle changes would you like to make?
10. What helps you feel rested?
11. What were the values in the home you grew up in?
12. If you had/have children, what values would you most hope to instill in them?
13. What do you do when you are bored?
14. What values or traits have helped you most in life?
15. What are you most proud of?
16. When was the last time you were irritated or angry at someone or something? How might your values have played a role in your response?