

WHAT'S NEXT FOR MY LIFE?™

Values Exploration Exercise

Name: _____ Date: _____

Personal values are principles that **define** you as an individual. **Personal values**, such as honesty, reliability, and trust, determine how you will face the world and relate with people. Values are not characteristics you aspire to or that you feel you should have. They are already a part of who you are.

Step One: Review the list of sample value words and phrases below. As you look at them, notice and mark the ones that are most important to you, the ones you respond to and feel like you. If you don't see the word or phrase you need, add yours to the list.

Be sure **NOT TO SELECT** values only because they are socially acceptable or desirable. Listen to your intuition, your gut instinct, as you identify your choices.

After your initial review, revisit your choices and narrow them down to the 8 – 10 that are most important to you.

Sample Value Words & Phrases:

Accomplishment	Fitness	Participation
Accuracy	Focus	Partnership
Achievement	Forward the Action	Peace
Acknowledgment	Free Spirit	Performance
Action	Freedom to Choose	Personal Power
Adventure	Full Self-Expression	Play
Aesthetics	Fun	Precision
Affluence	Growth	Productivity
Authenticity	Harmony	Recognition
Authority	Honesty	Risk Taking
Balance	Humor	Romance
Beauty	Independence	Self Reliance
Collaboration	Innovation	Service
Community	Integrity	Spirituality
Connectedness	Intimacy	Success
Contribution	Joy	To Be Known
Courage	Lack of Pretense	Tradition
Creativity	Leadership	Trust
Curiosity	Learning	Unique
Elegance	Loyalty	Vitality
Empowerment	Nature	Zest
Excellence	Nurturing	
Fame	Orderliness	

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Part Two: Once you have finalized your value choices, list them in their order below, with 1 being most important and 10 being least important. Save this list to refer to in the future.

Value	Importance Ranking

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Part Three: Get specific about what your top values mean and how you will honor them in your life. Your value of creativity might mean spending time painting or making music regularly. Mine might include finding creative ways for people to look at their circumstances. What do your top 3 values look like when you have them in your world? How do you know if you have them? What steps could you take to honor them more? List the answers below.

1. I value _____

This means I:

A. _____

B. _____

C. _____

Is there a gap in honoring this value? Yes No.

If so, how do you plan to close the gap? _____

2. I value _____

This means I:

A. _____

B. _____

C. _____

Is there a gap in honoring this value? Yes No.

If so, how do you plan to close the gap? _____

3. I value _____

This means I:

A. _____

B. _____

C. _____

Is there a gap in honoring this value? Yes No.

If so, how do you plan to close the gap? _____
