

# Values Worksheet

Values are the qualities of a life lived fully from the inside out. When we honor our values we feel an internal “rightness’ or sense of integrity. When we do not honor our values, we experience dissonance. The discord can get so extreme, so jarring, that it can become unhealthy.

Since any given daily activity can be linked to a value honored or a value betrayed, it is important, to know our values so they can help inform the choices we make. Our values can become a litmus test for action: “Will this action move me closer to honoring my values or further away?”

Because language is imprecise, it is often easier to cluster values than to try to invest all the meaning in a single word. Thus, we might use several words together to form a string describing the value. For example, freedom/risk-taking/adventure is different from freedom/independence/choice. Sometimes it can be helpful and fun to create a unique personal metaphor or expression in a value string. For example, a person may have values like these: Coyote/wild dancer/mischief maker, or Luminous/chenille/lavender, or standing ovation/going for it/buzzer beater. Once we discover and clarify our values, it can be helpful to prioritize them, by ranking from the most important on down.

**What are your top five values? (You can use single words or word strings if you prefer)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**How well do you think you are honoring each of these values? Using a scale of 1 to 10 (10=highest), write your “score” next to each value listed above.**

**Now that you have listed your top five values, how would you prioritize them?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

