

VALUES ORGANIZATION WORKSHEET

The purpose of this exercise is to help you gain clarity around what your values are so you can begin to live more in alignment with them. This exercise may end up surprising you... let it!

1

CIRCLE 10 VALUES BELOW THAT FEEL MOST IMPORTANT TO YOU. IF THERE ARE VALUES THAT ARE NOT LISTED THAT YOU'D LIKE TO ADD, WRITE THEM IN THE BLANK SPACES

| | | | | |
|----------------|--------------|----------------|---------------|-------|
| adventure | equality | structure | freedom | _____ |
| family | stillness | respect | beauty | _____ |
| authenticity | simplicity | relationships | independence | _____ |
| clarity | abundance | happiness | growth | _____ |
| transparency | community | purpose | discipline | _____ |
| peace | creativity | courage | determination | _____ |
| expression | meaning | nurturing | nature | _____ |
| contribution | honesty | outgoingness | harmony | _____ |
| openness | kindness | accomplishment | love | _____ |
| truth | positivity | respect | self respect | _____ |
| responsibility | education | forgiveness | ambition | _____ |
| wisdom | rationality | spirituality | integrity | _____ |
| structure | helpful | balance | thought | _____ |
| independence | appreciation | sensuality | sincerity | _____ |

2

WRITE OUT THE 10 VALUES THAT YOU CIRCLED ON THE PREVIOUS PAGE IN ORDER OF HOW IMPORTANT YOU PERCEIVE EACH ONE TO BE (ONE BEING THE MOST IMPORTANT, TEN BEING LESS IMPORTANT). THEN GO TO THE NEXT COLUMN AND COMPARE THE FIRST VALUE WITH THE SECOND VALUE, CIRCLE WHICH VALUE FEELS MORE IMPORTANT TO YOU. MOVE DOWN THE LINE - COMPARE THE FIRST VALUE TO THE THIRD VALUE. GO THROUGH THE ENTIRE LIST. AT THE END, COUNT HOW MANY TIMES YOU CIRCLED EACH VALUE AND WRITE IT IN THE COLUMN ON THE RIGHT.

| | values | compare | total | | | | | | | | | | | | | | | | | | |
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3

AFTER YOU ADD UP HOW MANY TIMES YOU CIRCLED EACH VALUE, YOU HAVE A CLEARER IDEA OF WHICH VALUES YOU PRIORITIZE MOST. RE WRITE YOUR LIST OF VALUES IN THE ORDER OF MOST IMPORTANCE TO LEAST IMPORTANCE BASED ON HOW MANY TIMES YOU CIRCLED EACH VALUE.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

4

INTEGRATION & REFLECTION

1. What surprised you most about doing this exercise?
2. What did you learn about yourself doing this exercise?
3. Is there anything about your life moving forward that you want to change after doing this exercise?