

Values Clarification

Your Name: _____

Today's Date: _____

What is a value?

Values are...

- What is important in your life — what gives your life meaning and relevance.
- Something you naturally feel is important to you.
- An inner framework of how you make choices.
- A sense of what lights you up from within.
- Your deepest motivators; what really makes you tick.

Honoring values brings richness and fulfillment to your life. Clarity of your values brings direction, purpose and intention to how you chose to live and make decisions.

Define your values

What values are crucial to you living a life of completeness, wholeness and pure fulfillment?

Think of a moment in time in which you were feeling a sense of complete presence, focus and joy? By capturing the details of that moment notice what values were being honored.

- Using the list of values on the next page, circle the values that resonate with you. This isn't about what sounds good, or what you "should" pick. Use your intuition.
- Then select your top ten values in order of priority.
- Values that are similar to you may be linked in a string to create your own special meaning and significance – e.g., Autonomy/Freedom/Independence has a different flavor than Autonomy/Power/Solitude.
- Feel free to add values not listed on the following page.

Some important notes on values

Feeling stressed, out of balance or resentful could be signs of your values being stepped on.

Once you've defined your values, rank how well you're currently honoring them in your life on a scale of 1-10 (1 not honoring them at all and 10 is honoring them fully). In reviewing your lower scores, notice what you might be getting overlooked. In reviewing your higher scores, acknowledge how you're living in alignment with your values.

If you're making a decision, look to your values to be a guide. Ask yourself how well will you be honoring your core values with each option in front of you.

Values may change slightly over time. This is a good exercise to do every few years to see if any values have shifted.

Values List: feel free to add your own

Accomplishment	Danger	Humility	Participation
Accuracy	Directness	Impact	Passion
Achievement	Discovery	Improvement	Peace
Acknowledgement	Elegance	Independence	Plan/prepare
Adventure	Emotional Health	Influence	Play
Aesthetics	Emotions	Information	Power
Aliveness	Empathy	Inner life	Privacy
Altruism	Empowerment	Inspiration	Productivity
Amusement	Encouragement	Integrity	Recognition
Artistry	Energy	Intimacy	Risk Taking
Attraction	Excellence	Joy	Romance
Authenticity	Excitement	Justice	Security
Autonomy	Experience	Kindness	Self-expression
Balance	Experimenting	Knowledge	Sensitivity
Beauty	Expression	Lack of Pretense	Sensuality
Being the best	Family	Leadership	Service
Certainty	Feeling good	Learning	Solitude
Choice	Focus	Legacy	Spirituality
Clarity	Freedom	Love	Spontaneity
Collaboration	Friendship	Loyalty	Stewardship
Commitment	Fun	Mastery	Style
Community	Gentleness	Meaning	Success
Completion	Growth	Moderation	Teaching
Comradeship	Harmony	Nature	Traditions
Connectedness	Health	Nurturing	Tranquility
Contribution	Honesty	Openness	Trust
Creativity	Humor	Orderliness	Wisdom
Dancing	Imagination	Originality	Zest

List your top 5-10 values or value strings and rank how well you're honoring them.

Ranked Values	How well are you honoring this value? 1 – not at all 10 – honoring it fully
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	