

Values Worksheet

Step 1. Pick the context in which you want to examine your values, for example, your values around your work and career, or our home and family life, or money, or health and fitness. Write this area of your life here.

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Step 2. Now list your values. To help you find your values, consider these questions:

- *“What’s important to me about ... ?”*
- *“If I had everything I want, what would cause me to give it all up?”*
- *“If that happened, what would cause me to keep it everything?”*

<i>My values in this part of my life are:</i>	
1	
2	
3	
4	
5	
6	
7	
8	

Step 3. Use the column on the right to rank your values to establish an order of priority and number your values 1, 2, 3... To help you, consider these questions:

- *“Of these values, which is the most important to me?”*
- *“Of the other values, which is the most important to me?”*
- *“Why is this important to me?”*

Step 4. Review your list and ask yourself where each value comes from, and whether it is still a value you would like to have in your life? To help you, consider these questions:

- *“Did I choose this value, or did I get it from my parents, friends, teachers, colleagues... ?”*
- *“How much do I want this value to drive my choices in life?”*
- *“What choices would be open to me, if I changed this value?”*

<i>My new or modified values in this part of my life are:</i>	
1	
2	
3	
4	
5	
6	
7	
8	

Step 5. Give yourself permission to start to make any changes that you want.

- For each value that you want to retain, think:
*“This value has served me well, and will continue to serve me well.
I honour it.”*
- For each value that you want to change, think:
*“This value has served me well in the past, but I have changed.
This is no longer a value I wish to direct my life, and I set it aside.”*
- For each new value that you wish to adopt, think:
*“This new value is one I freely choose.
I will hold it for as long as it serves me well.”*