

## Values Discovery

Date: \_\_\_\_\_

1. What is a recent decision or behavior that had a value behind it?

2. How do values help you pre-decide?

3. How do values form a sense of purpose?

4. When is a time you didn't live according to your values? How did that feel?

5. Select an area of focus for discovering your values.

6. Using the list below, rank the values in priority order with 1 being most important. Each value will get a different number. There can be no ties. You may write in missing values in the spaces.

- |                          |                                 |                  |
|--------------------------|---------------------------------|------------------|
| _____ Physical Challenge | _____ Stability                 | _____ Wisdom     |
| _____ Monetary Success   | _____ Productivity/Competence   | _____ Innovation |
| _____ Family             | _____ Creative/Artistic Work    | _____ Security   |
| _____ Position           | _____ Spiritual Fulfillment     | _____ Friendship |
| _____ Change/Variety     | _____ Authority/Decision-Making | _____ _____      |
| _____ Health             | _____ Excitement                | _____ _____      |

7. Using the list below, repeat the previous exercise, but rank the values according to where you put your actual time, energy, and focus, with 1 being most important.

- |                          |                                 |                  |
|--------------------------|---------------------------------|------------------|
| _____ Physical Challenge | _____ Stability                 | _____ Wisdom     |
| _____ Monetary Success   | _____ Productivity/Competence   | _____ Innovation |
| _____ Family             | _____ Creative/Artistic Work    | _____ Security   |
| _____ Position           | _____ Spiritual Fulfillment     | _____ Friendship |
| _____ Change/Variety     | _____ Authority/Decision-Making | _____ _____      |
| _____ Health             | _____ Excitement                | _____ _____      |

8. What do you think about your findings?

9. How can you maintain or increase congruence so you are living true to your values?

10. What is a key takeaway from today?