

WORKSHEET: Defining Your Values

Consider the following questions:

- What are you most proud of? Why does it make you feel proud?
- When were you most happy? Why?
- What kinds of stories do you like to read or hear about? Why do they appeal to you?
- What makes you angry? Why?
- What is most important to you in life?

Brainstorm below some answers to these questions.

Now use those answers to help you identify your values. Choose 2 (3 if you must!). Use the Personal Values List to guide you. It may be helpful to start by choosing 10 values. Narrow it down from there. Keep in mind these are your core values. They are who you are. It doesn't mean other things aren't important to you, and in fact those other things may be connected to your core value in some way. For example, family may be extremely important to you but the value of personal fulfillment is really your core value because it includes your desire and need to spend time with your family.

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Reaffirm your values.

- **Think about a big decision you had to make that once made, felt really good to you. Not necessarily easy to make, but felt like the right thing to do. Can you relate it to a core value?**
- **Think about a situation where your behavior left you feeling really bad about yourself. Were one of your values compromised? If yes, that is a good sign it is a core value. If no, consider what about the situation left you feeling the way you did and if maybe some other value that at play that may in fact be a core value.**

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PERSONAL VALUES LIST

Accountability	Efficiency	Justice	Self-discipline
Accuracy	Empathy	Kindness	Self-expression
Achievement	Enjoyment	Knowledge	Self-respect
Adventure	Enthusiasm	Leadership	Selflessness
Altruism	Equality	Learning	Self-reliance
Ambition	Ethics	Legacy	Sensitivity
Assertiveness	Excellence	Love	Serenity
Authenticity	Expertise	Loyalty	Service
Balance	Fairness	Making a difference	Simplicity
Beauty	Faith	Nature	Spirituality
Being the best	Family	Obedience	Sportsmanship
Belonging	Fidelity	Openness	Spontaneity
Boldness	Financial stability	Optimism	Stability
Career	Forgiveness	Order	Strength
Collaboration	Focus	Originality	Structure
Commitment	Freedom	Parenting	Success
Community	Friendship	Patience	Support
Compassion	Fun	Patriotism	Teamwork
Competence	Generosity	Peace	Thoroughness
Competition	Goodness	Perfection	Time
Confidence	Grace	Perseverance	Tolerance
Connection	Gratitude	Personal fulfillment	Tradition
Consistency	Growth	Power	Travel
Contentment	Happiness	Positivity	Trust
Contribution	Hard Work	Pride	Truth
Control	Health	Preparedness	Understanding
Cooperation	Home	Professionalism	Uniqueness
Courage	Honesty	Prudence	Unity
Courtesy	Honor	Quality	Usefulness
Creativity	Hope	Recognition	Vision
Curiosity	Humility	Reliability	Vitality
Decisiveness	Humor	Resourcefulness	Vulnerability
Dependability	Inclusion	Respect	Wealth
Determination	Independence	Responsibility	Well-being
Dignity	Integrity	Results	Wholeheartedness
Discipline	Inquisitiveness	Risk taking	Wisdom
Discretion	Intelligence	Safety	Other:
Diversity	Intuition	Security	
Environment	Job Security	Self-actualization	
Effectiveness	Joy	Self-control	