

Values!

What is a Value?

Value denotes the degree of importance of some thing or action, with the aim of determining what actions are best to do or what way is best to live, or to describe the significance of different actions. Wikipedia

What your values are will be something you already have. Because it is so important you already have it in your life.

To find your values see the list on the next page or you can use the excel spreadsheet and ask yourself the following question:

(Your name) What is more important to you over your entire life?

(Your name) What is more important to you over the last 3 months?

What resonates with you?

Or you can ask for each word: Do I value this work? Can I not live with out it?

Write your values down on page 4 under list of positive values.

Review your values and find values that mean the same thing to you. Values that over lap for you. Example Love and Connection mean the same thing to me. Knowledge and growth are the same things to me.

You should be able to narrow down your list to about 10 values or less.

To rank your values

You need to compare one value to another

Take the first value on the list and ask yourself what is more important to me? 1st Value vs Second Values. Go though all ten in the same way and list them under top 10

Example

Love IIII

Growth

Integrity II

Giving III

Honesty I

Write down your final list of values in rank order. The most important being number 1 and the least important being 10

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	