

# What Are Your Values?

Living a life in accordance with your values is key to living a meaningful life. However, it is easy to get distracted by things that we THINK are important to us. This worksheet will help you identify what your personal values are as well as what we'll call "distraction" values. Then, you can explore the ways you are and are not living in accordance with your values.

## List of Values for Inspiration

Authenticity	Competency	Honesty	Openness	Self-Respect
Achievement	Contribution	Humor	Optimism	Service
Adventure	Creativity	Influence	Peace	Spirituality
Authority	Curiosity	Inner Harmony	Pleasure	Stability
Autonomy	Determination	Justice	Poise	Success
Balance	Fairness	Kindness	Popularity	Status
Beauty	Faith	Knowledge	Recognition	Trustworthiness
Boldness	Fame	Leadership	Religion	Wealth
Compassion	Friendships	Learning	Reputation	Wisdom
Challenge	Fun	Love	Respect	
Citizenship	Growth	Loyalty	Responsibility	
Community	Happiness	Meaningful Work	Security	

List from [jamesclear.com/core-values](http://jamesclear.com/core-values)

## How to Determine Your Values

1. Think about a person you respect. Why do you respect them? What are their values?

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2. Who do you spend the most time with? Maybe a friend, spouse, or coworker. What do you like about them?

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3. What people DON'T you like? What qualities do you find unappealing in them?

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4. What values do you want for yourself? Your children?

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5. Values may change with time. What values do you see being a permanent fixture in your life (i.e. not changing no matter what?)

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6. Do you have values that you don't want to be your values? If so, why don't you want these to be your values? Are they true values for you, or could they be distractions?

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## Your Top 10 Values (don't overthink!)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Below, narrow down your values into your "personal" values, your "nice-to-have values", and your "distraction" values.

### Personal Values:

Foundational, "true-to-you" values

_____	_____
_____	_____
_____	_____

### "Nice-to-Have" Values:

Not necessary, but make life more enjoyable

_____	_____
_____	_____
_____	_____

### Distraction Values:

Don't provide lasting meaning, often come from a place of lack

_____	_____
_____	_____
_____	_____

## Are you Living in Accordance with your Values?

Think about how you spend your days (work, leisure, sleep, family, hobbies, etc.) What actions are aligned with your values?

*For example: Fueling your body is a personal value, and you get up early to prepare a filling breakfast every day.*

_____
_____
_____
_____
_____

Do you take part in any actions that are NOT aligned with your values?

Note: It's ok if you do! We all fall prey to distractions.

*For example: Compassion is a personal value, but you find yourself criticizing your body as you get ready for work in the morning.*

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Once you've identified your values, you can get to work on living in accordance with them or challenging the behaviors that don't align.