

Identify your values

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Answer the following questions to discover your values (what is important to you). This exercise will reveal what your values really are and have been in your life. Revealing your values may prompt you to change or may clarify what is important to you in a way you haven't seen before. Maybe both.

- 1. What do you spend your money on?*
- 2. Look at your answers to question #1. What is important to you about what you spend your money on?*
- 3. How do you get what you need in life?*
- 4. What are your values related to how you fund the needs in your life?*

5. *What are the qualities of the people who you admire or like to be around?*

I admire _____ because_____.

6. *How do you like to spend your free time including days off and vacations?*

7. *What is (or would be) on your bucket list?*

8. *What is important to you about each item on your bucket list?*

9. *What qualities are you most proud of?*

10. *When are you the happiest?*

Based on your answers to the above questions, identify your top 10 values. What is important to you?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

For a list of 500 core values to help you identify yours, go to <http://www.threadsculture.com/blog/company-culture/core-values-list-threads/>.

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Of these top 10, what are your top 3 to 5 values?

1.

2.

3.

4.

5.

A. When you read these values, how do you feel about them?

B. Are these values reflected in how you live your life?

Business Yes No

Children Yes No

Significant Other Yes No

Entertainment Yes No

Spirituality Yes No

Mental Health Yes No

Recreation Yes No

Lifestyle Choices Yes No

Financial Yes No

Charity Yes No

Learning Yes No

Physical Health Yes No

Environment Yes No

Sex Yes No

Community Yes No

Communication Yes No

Friendships Yes No

Competing Yes No

Free Time Yes No

Professional Yes No

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C. If you could shift any of these values, what would change? List your aspirational values below. What values would you like your life to reflect?

1.

2.

3.

4.

5.

D. Look at your aspirational values again. Describe what each of these values mean to you. For example, if "honesty" is one of your values, what does that mean to you? Does it mean that you tell the truth? That you are transparent? That you are open? Include verbs in your description to describe how this value influences the actions you take and the decisions you make.

What do your values mean to you?

1.

2.

3.

4.

5.

These values may evolve over time as you use them to guide your decisions moving forward. Use this list to guide you when problem solving or when dealing with difficult decisions.