

# Name your Values Exercise

## Directions:

### Select Your Top Five Values

On the following page is a chart for you to use in selecting your top five values. Use these instructions:

- X out the ones that are obviously not values for you.
- Narrow down the list until there are only your top five values.
- You can add or combine as many values that you feel have a similar definition.

Helpful hints for this process:

- Picking your top five values is supposed to be challenging so make sure you give yourself some time. You don't have to do it all in one sitting.
- As you do this exercise, be on the lookout for your Monger. She will try to derail you and bring you down. Take a minute to slow down and get into your body so you can channel your Biggest Fan before you start.
- Feel free to add other values or combine values if you wish.
- Your top 2-3 values will probably pop out at you.
- You probably have lots of these words as values; the assignment is just to pick your top five. Just because it isn't on the top five list doesn't mean it isn't a value.
- Don't get caught up in the idea that you aren't kind because compassion isn't in your top five values. You can be kind and it just isn't a top value for you (and that's okay).

# Name your Values

Values help keep you on track to what you really want to be doing and where you really want to be spending your time.

Pick your top 5 values and write them on the next page.

Achievement	Advancement	Adventure
Affection	Altruism	Appearance
Approval	Authority	Autonomy
Beauty	Challenge	Charity
Community	Compassion	Creativity
Dependability	Environment	Empathy
Expertise	Fame	Family
Financial Security	Freedom	Generosity
Health (emotional)	Health (physical)	Home
Honesty	Humility	Humor
Independence	Integrity	Intelligence
Learning	Leisure	Logic
Love	Loyalty	Meaning
Openness	Patriotism	Peace
Perseverance	Personal Growth	Popularity
Power	Privacy	Recognition
Relationships	Religion	Reputation
Risk Taking	Security	Simplicity
Social Acceptance	Socializing	Solitude
Spiritual Dev.	Status	Thrift
Trustworthiness	Winning	Wisdom

# Name your Values

Now that you know your top five values, we are going to look at them a little deeper.

On the following page is a worksheet where you can answer the following questions-- you can use a separate piece of paper as well.

For each value, answer the following questions:

1. What is your definition of the value?

- Take some time to think about how you would define the value—not what the dictionary says or what your friends would say, but how you define the value.
- This question brings more clarity to how each value is going to show up in your life.

2. What activities do you engage in that express this value?

- If someone all-knowing were to observe your life (like a fly on the wall) how would she/he see this value played out?
- I call this the Come-to-Jesus Question. It is a litmus test of whether this is really your value.
- If you don't have activities that you engage in that reflect this value, the next question to ask is, Is this really a value of mine or is it a value I think I should have?
- If the answer is no, it is not a value of yours, go back to the list and select a value that is in your top five.
- If the answer is yes, and you just don't have any activities that support that value currently, move on to question 3.

3. What activities do you need to add or delete to better express this value?

- What changes do you need to make to showcase this value in your life?

# Name your Values

Your Top 5 Values and the definition for you	<i>If someone were to observe your life how would he/she see this value? Activities, Goals, Thoughts etc</i>	What do you need to add/delete from your life to better express this value?