

We get into trouble when we aren't congruent with our lives and our values.

When we:

- A. Keep fulfilling a value that we no longer hold—like going to the movies every Friday night. This just leaves us tired and unfulfilled.
- B. Value something but we aren't making choices that support that value. For example, you value family but you are working all the time so you miss important family events. Or you value creativity but you never give yourself time to engage in artistic activities.

The question to ask yourself is:

Am I living my life based on my values?

On the following page is a worksheet that gives you a chance to identify your top 5 values. I encourage you to take some time on this exercise, read it and come back to it a few times.

1. Read each value. It might help to make some notes as to what your definition would be for each value and put a mark next to it as yes/no/maybe.
2. Pay attention to your body, notice how you physically feel as you mark each value.
3. Go back through, look at all the yes/maybe answers, and ask yourself which of these are REALLY mine or which might be something I think I SHOULD value because of some external voice.
4. Narrow down to your Top 5.

FYI it is supposed to be challenging.

Name Your Values Exercise

Looking at this list—select the Top 5 values that are important to you right now.

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

Ok so now that you know your top 5 values, we are going to look at them a little deeper. For each value, answer the following questions:

1. Define the value
2. What activities do you engage in that express this value? If someone were to observe your life, how would she/he see this value played out?
3. What activities, if any, do you want to add/delete to better express this value?

You can use the following pages to answer these questions. These questions allow you to start thinking about your life differently. By naming your values you both come to know your root system and can identify where how you might be able to better express each value.

Integrating Your Values Exercise

Write your top 5 values, the definition of the value to you. Complete the rest of the chart.

Your Top 5 values and the definition for you	What activities do you engage in that express this value? <i>If someone were to observe your life how would he/she see this value</i>	What activities, if any, do you want to add/delete in your life to better express this value?