

# What are my values? Worksheet

## Your Value System

What is a value system? It is a set of governing Principles and Qualities for how you live your life.

**Principle** – Decisions are based on this.

**Quality** – What I would like to exude as an individual

Before you can set a goal or become successful, you must understand your overriding values. Everybody has a different set of values, and how those values might be carried out. What is important is not the actual value, but that YOU know the values, their priority in your life and how those values are represented in your life.

## Discovering Your Personal Value System

In this exercise, we are going to determine which values are very important to you by identifying your top 5 values. Here are some samples to help you get started:

Productive	Competent
Financially secure	Organized
Freedom	Truthful/Honest
Purpose	Leader
Confident	Family
Creative	Friends
Improvement	Fun
	Focused
	Spirituality
Physically Fit	Wealth
Intelligence	Wisdom
Self-sufficient	
Coachable	
Generous	
Team Player	
Serve Others	
Seek excellence	

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## **My Top 5 Values and Descriptive Statements**

<u>Value</u>	<u>Descriptive Personal Statement</u>
Stable	I make solid decisions for myself based on my values
Wealthy	I respect and honor money and it comes to me easily
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## **How to Make The Right Decision Every Time**

Listen carefully – this is a powerful exercise. When you have an opportunity in your life, (and many will appear) you may become overwhelmed by wanting to follow many paths at once. Before you make a decision, review your top 3 values. Then ask yourself:

Does this decision honor my value of \_\_\_\_\_? (#1 value)

Does this decision honor my value of \_\_\_\_\_? (#2 value)

Does this decision honor my value of \_\_\_\_\_? (#3 value)

If the answer is “No”, then you will most probably not be happy choosing this opportunity.

What is the one thing I could do right now, today, to live more in alignment with my values?

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## Solidifying Your Values

1. How do you know if your value system is solid? Imagine that you have been to the doctor and you've been told you have six months to live. What would you do? Where would you go? How would you spend your time?
2. Write a letter to your family and/or your kids. Tell them who you are and what you stand for.
3. Write your obituary.
4. Not sure how to rate your values? Here's an exercise you can use. Start with what you think are your top 5 values. Imagine value #4 in your left hand and value #5 in your right. If you HAD to choose, which one would you choose? If you choose #4, then they are in the right order. Continue with #3 and #4, then #2 and #3, etc. until you have made choices up to #1. This exercise will help you get very clear on your values.