

“When people identify their values, it gives their lives focus, and gives them a sense of security during times of chaos and confusion. When people live up to their values, it gives them a sense of purpose, peace of mind, and fulfillment—all necessary ingredients for happiness.”

~ Dan Baker in *What Happy People Know*

“Decisions are easy if we know and live our values.”

~ Dr. Robert Schuller

Part 1 – Identifying Your Values

Identify the set of values that resonates with who you are and who you desire to become.

When people live their values, those values can become attributes. These are the ways you would like to have people describe you, and ways you aspire to be. Some of the words better reflect things you need in your life (like nature, beauty or solitude).

Step 1 - Go through the values list on the next page, and circle the attributes you intend to have when you have become the person you dream of becoming.

Step 2 – Put an asterisk (*) next to the top 10 values (12 if necessary) that are of prime importance to you.

Step 3 – At the end of the values list, identify your top 3 – 5 values. You may want to expand on what they mean to you.

Relax and enjoy! There are no wrong answers. The goal is to learn something about yourself that you can use to make decisions more easily and be happier.

Inspired by an exercise originally compiled by Reneé Freedman of R. Freedman Coaching in 2002

LIVING MY VALUES (PAGE 2)



Helping YOU
Choose a happier,
More fulfilling life

Accepting	Educated	Healthy	Nourished	Sexual
Adaptable	Effective	Helpful	Nourishing	Sharing
Adventurous	Effervescent	High-Achieving	Nurturing	Silent
Affectionate	Efficient	Holistic	Open	Simple
Amusing	Elegant/Elegance	Holy	Open Minded	Smart
Appreciative	Eloquent	Honest	Opportunistic	Social
Authentic	Emotional	Honorable	Organized	Socially-conscious
Aware	Intimacy	Humble	Original	Solitude
Balanced	Enlightened	Humorous	(a good)	Special
Beauty	Enthusiastic	Image-conscious	Partner	Spiritual
Blissful	Entrepreneurial	Imaginative	Passionate	Spontaneous
Bold	Environmentally-responsible	Impeccable with my word	Patient	Stable
Brilliant	Ethical	Independent	Patriotic	Strong
Candid	Excellence	(an) Individual	(a) Peace maker	Supportive
Careful	Expansive	Ingenious	Peace-filled	Synergistic
Caring	Expertise	Innovative	Peaceful	Talented
Challenging	Exuberant	Insightful	Perfect	(a) Teacher
Change-Oriented	Fair	Inspiring	Perseverant	Tenacious
Charitable	Faithful	Intelligent	Persistent	Thoughtful
Clear	Family-focused	Intimate	Philanthropic	Tolerant
Clever	Famous	Intuitive	Playful	Traditional
Comfortable	Fearing like I belong	Involved	Pleasure-filled	Tranquil
Comforting	Feminine	Jovial	Popular	Trusting
(a) Community builder	Financially Independent	Joyful	Positive	Trustworthy
Companionable	Flexible	Just	Possibility-focused	Truthful
Compassionate	Forgiving	Kind	Powerful	Unifying
Competent	Forthright	Knowledgeable	Principled	Unique
Competitive	Free	Laugh-filled	Private	Warm
Confident	Free Spirited	(a) Leader	Pure	Wealthy
Conforming	(a good) Friend	(a) Learner	Purposeful	Well-mannered
Connected	Fulfilled	Learning	Quirky	Well-rounded
Connecting	Fun	Leisurely	Rapturous	Whimsical
Conscious	Funny	Likeable	Rebellious	Whole
Consistent	Generous	Loving	Recognized	(complete)
Courageous	Gentle	Loyal	Relaxed	Willful
Creative	Genuine	Making a Difference	Religious	(a) Winner
Curious	Gifted	Masculine	Resilient	Wise
Daring	Giving	Mastery	Respected	Wonder-filled
Decisive	Graceful	Meaning-focused	Respectful	Worthy
Dedicated	Gracious	Modest	Responsible	Youthful
Dependable	Gratified	Musical	Safe	Zealous
Detail-oriented	Growing	Nature	Secure	_____
Diligent	Happy	Neat	Self-Confident	_____
Disciplined	Hard Working	Non-judgmental	Self-Expressive	_____
Eclectic			Sensual	_____
			Serene	_____

The values I most identify with, and want to live are:

Part 2 - Living Your Values

What would someone who looked at how you spend your time say is important to you?

If you truly lived your values, what would be different about how you spend your time?

What would someone who looked at your financial choices (how you spend, make, give, and invest your money) say is important to you?

If you truly lived your values, what would be different in how you spend, make, give, and invest your money?

If you truly lived your values, what would you be doing differently in your relationships?

What else would change in your life if you lived your top values in as many of your actions as possible?