

Your Values

It's not hard to make decisions when you know what your values are.

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VALUES:

Define what is important to you – *what* you think is right, good, fair and just. They are traits or qualities that you consider not just worthwhile, but represent your (or your organization's) highest priorities, deeply held beliefs, and core, fundamental driving forces. Values are also called guiding principles because they form a solid core of who you are, what you believe, and who you are and want to be going forward.

IDENTIFY YOUR CORE VALUES:

Review the following values and select the top 10 that ring true for you.

Acceptance	Generosity	Power/Prestige
Aesthetics	Happiness	Quality Relationships
Balance	Harmony	Respect for Others
Commitment	Health	Responsibility/Accountability
Community	Holistic well-being	Recognition
Compassion	Honesty	Security
Courage	Humour	Serenity
Creativity	Loyalty	Service to Others
Empathy	Independence	Success/Achievement
Excellence	Integrity	Teamwork
Fairness/Justice	Kindness	Trust
Faith	Knowledge	Uniqueness
Family	Learning/Education	_____
Flexibility	Parenthood	_____
Freedom	Perseverance	_____
Fun/Lightness of Being	Physical Well-Being	_____

Now imagine that you are only allowed to have FIVE values. Which ones would you give up?
Write down your top 5 values in the spaces below and then write them on Your Mentor Map:



Clarify Your Values

Clarifying your values is an important step in understanding what is truly important to you. In the space below, write down the 5 values you selected and follow these steps:

DEFINITION – Write a short definition or description of what each one means to you in the Definition column

HOW DO THESE SHOW UP - How do these values show up in your life or are lived? What actions or behaviours reflect these values? How do they impact you and those around you (i.e. your children, spouse, coworkers, friends, etc.)

RATE - Pick a number from 1 to 10 indicating the extent to which you feel each of these 5 values are being lived completely, fully lived. A 'one' represents a value that is not alive at all. Rate each value this way.

REFLECTION – Reflect on each of your 5 values and think about whether you'd like to see these being more visible, more "lived" in your life. If so for any of the 5, describe how that could happen.

ACTION – Based on your reflection, list what you WILL do to make that happen. When can you do that and put it in your calendar.

VALUE	DEFINITION	HOW DO THESE SHOW UP?	RATE	REFLECTION	ACTION