



LIVING INTO OUR VALUES

Values Clarification

Using the list of values on page 3, choose two values — the beliefs that are most important to you — that help you find your way when things are difficult, that fill you with a feeling of purpose.

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

Value 1:

Value 2:

Taking Values from Professing Words to Practicing Behavior

Answer the following questions to dig into your values:

Value 1:

- 1.** What is one behavior that shows you are operating in alignment with this value?

- 2.** What is one behavior that shows you are operating out of alignment with this value?

- 3.** What's an example of a time when your behaviors were fully aligned with this value?

Value 2:

- 1.** What is one behavior that shows you are operating in alignment with this value?

- 2.** What is one behavior that shows you are operating out of alignment with this value?

- 3.** What's an example of a time when your behaviors were fully aligned with this value?



Keeping in mind both of your values, answer the following:

1. What does it feel like when you're living into your values?

2. What are the early warning indicators or signs that you're living outside your values?

3. Who is someone who knows your values and supports your efforts to live into them?

4. What does support from this person look like?

5. What can you do as an act of self-compassion to support yourself in the hard work of living into your values?



LIST OF VALUES

Accountability	Efficiency	Intuition	Security
Achievement	Environment	Job security	Self-discipline
Activism	Equality	Joy	Self-expression
Adaptability	Ethics	Justice	Self-respect
Adventure	Excellence	Kindness	Serenity
Altruism	Fairness	Knowledge	Service
Ambition	Faith	Leadership	Simplicity
Authenticity	Family	Learning	Spirituality
Balance	Financial stability	Legacy	Stewardship
Beauty	Forgiveness	Leisure	Success
Being the best	Freedom	Love	Teamwork
Being a good sport	Friendship	Loyalty	Thrift
Belonging	Fun	Making a difference	Time
Career	Future generations	Nature	Tradition
Caring	Generosity	Openness	Travel
Co-creation	Giving back	Optimism	Trust
Collaboration	Grace	Order	Truth
Commitment	Gratitude	Parenting	Understanding
Community	Growth	Patience	Uniqueness
Compassion	Harmony	Patriotism	Usefulness
Competence	Health	Peace	Vision
Confidence	Heritage	Perseverance	Vulnerability
Connection	Home	Personal fulfillment	Wealth
Contentment	Honesty	Power	Wellbeing
Contribution	Hope	Pride	Wholeheartedness
Cooperation	Humility	Recognition	Wisdom
Courage	Humor	Reliability	
Creativity	Inclusion	Resourcefulness	
Curiosity	Independence	Respect	
Dignity	Initiative	Responsibility	
Diversity	Integrity	Risk-taking	

Write your own: