

MY VALUES

Your **values** are the beliefs that define what is most important to you. They **guide** you in the decisions you make. **Understanding** your own values will help you clarify your priorities.

1. **Think** of words or short phrases that describe what is important to you. **List** them in the “Value” column. It’s OK if you don’t have ten - you can leave some rows blank.
2. It can be clarifying to **unpack** what we mean by the words we have chosen to represent our values. After you have completed your list of values, **reflect** upon what the value you have chosen means to you. **Jot down** three ways that you describe/explain each value in the remaining columns.
3. An **example** has been provided to help illustrate the task.
4. Remember, this exercise is for **you** and is meant to be **clarifying** and **enjoyable**. You are also completing it in an editable format - **don’t worry** about getting it all down perfectly the first time - **it takes time** to clarify your values and you’ll be able to revisit and edit this worksheet as you do.

	Value	Description/Explanation 1	Description/Explanation 2	Description/Explanation 3
Ex.	Integrity	being true to your words, commitments, values	being your true self	being honest and authentic
1				
2				
3				
4				
5				
6				
7				
8				
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10				