

# WORKBOOK

IDENTIFYING OUR CORE VALUES ALLOW US TO CREATE AN INTERNAL COMPASS THAT CAN GUIDE US IN DECISION-MAKING, SELF-ADVOCATING, FUTURE-BUILDING, PROBLEM-SOLVING, AND MORE.

## INSTRUCTIONS

### CARD SORT

Sort through the list of values and categorize them into three groups: Very important, Important and Not Important.

### LIFE CATEGORIES

Write down the values that are top priority in each area of life in the respective box. You can use all values for each category and the same value for each category - up to you!

### WHEEL

Assess how closely you are living in alignment with your values in each life category by placing them on wheel.

### QUESTIONS

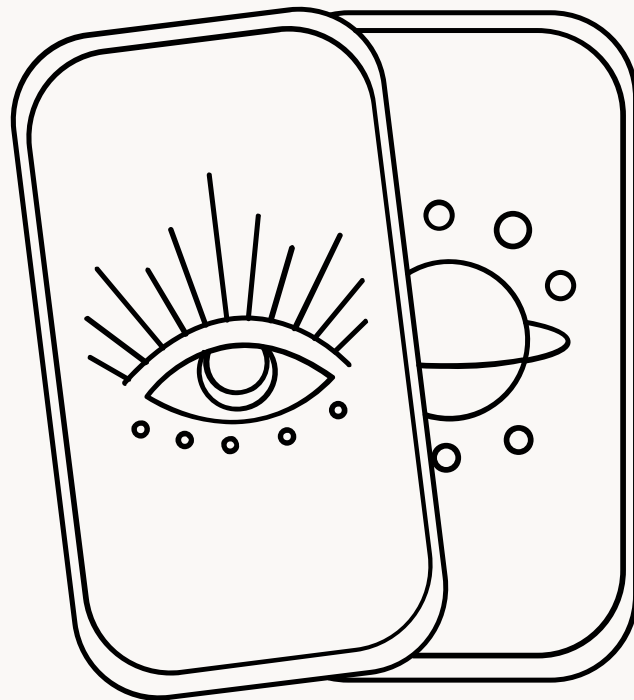
Spend some time journaling or reflecting on the prompts and questions given at the end of this workbook for further insight.



# VALUES

## CARD SORT

THIS IS NOT AN EXHAUSTIVE LIST OF VALUES. THESE CARDS WILL GET YOU STARTED THINKING ABOUT VALUES, CHARACTERISTICS, AND TRAITS THAT ARE MEANINGFUL AND IMPORTANT TO YOU. SIMPLY CUT THE CARDS OUT (OR BROWSE THE PDF) AND SORT THROUGH THEM, PLACING THEM IN EACH CATEGORY OF VERY IMPORTANT, IMPORTANT, AND UNIMPORTANT VALUES\*.



*\*borrowed from W.R. Miller, J. C'de Baca,  
D.B. Matthews, P.L. Wilbourne  
University of New Mexico, 2001*



HELPFULNESS	FAME	FREEDOM
INDEPENDENCE	COMMUNITY	COURAGE
ACCEPTANCE	ADVENTURE	ACHIEVEMENT
AUTONOMY	BEAUTY	COMFORT

CHANGE	CARING	CHALLENGE
COMMITMENT	COMPASSION	COOPERATION
CREATIVITY	DUTY	ECOLOGY
FITNESS	FAMILY	FLEXIBILITY



FORGIVENESS	FUN	FRIENDSHIP
GENEROSITY	GROWTH	HEALTH
HOPE	HONESTY	GENUINENESS
HUMILITY	HUMOR	INNER PEACE

INTIMACY	JUSTICE	KNOWLEDGE
LOVE	MINDFULNESS	NON-CONFORMITY
OPENNESS	NURTURANCE	PASSION
PLEASURE	POWER	PURPOSE



REALISM	RESPONSIBILITY	RISK
ROMANCE	SAFETY	SELF-CONTROL
SERVICE	SEXUALITY	SOLITUDE
SIMPLICITY	SPIRITUALITY	STABILITY

SECURITY	TOLERANCE	TRADITION
VIRTUE	WEALTH	PEACE
LEISURE	REST	INDUSTRY
MASTERY	MODERATION	MONOGAMY



DEPENDABILITY	STRENGTH	COURTESY
EXCITEMENT	FAITHFULNESS	AESTHETIC
ATTRACTIVENESS	INTELLIGENCE	SELF-ACCEPTANCE
COLLABORATION	ACCURACY	AUTHORITY

OTHER	OTHER	OTHER
OTHER	OTHER	OTHER
OTHER	OTHER	OTHER
OTHER	OTHER	OTHER



# VALUES

## LIFE CATEGORIES

PLACE THE TOP PRIORITY VALUES FROM YOUR VERY IMPORTANT CATEGORY IN EACH AREA OF LIFE. YOU CAN HAVE AS MANY AS YOU'D LIKE IN EACH CATEGORY AND CAN USE THE SAME VALUE AS MANY TIMES AS YOU'D LIKE.

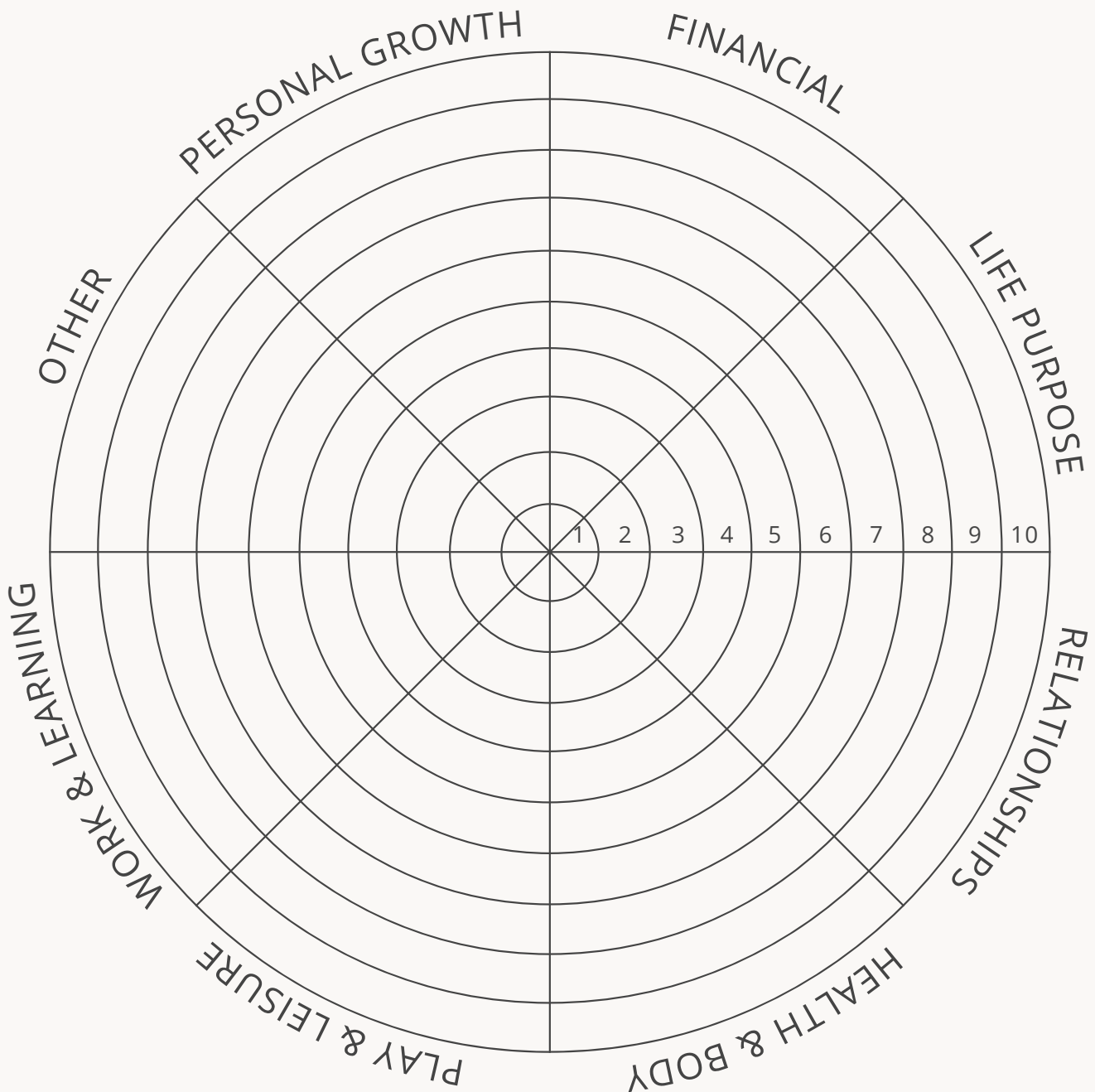
WORK & LEARNING	WORK, EDUCATION, PROFESSIONAL, VOCATION, CALLING, JOB, CAREER, ETC.	
RELATIONSHIPS	PARTNERSHIPS, FRIENDSHIPS, FAMILY, LOVE, SEX, COWORKERS, CHILDREN, ETC.	
PLAY & LEISURE	FUN, HOBBIES, RELAX, REST, SELF-CARE, PLAY, RECREATION, CREATIVITY.	
PERSONAL GROWTH	PERSONAL GOALS AND CHALLENGES, CHARACTER DEVELOPMENT, LIFESTYLE.	
FINANCIAL	SAVINGS, SPENDING, MATERIAL POSSESSIONS, BUDGETING.	
LIFE PURPOSE	RELIGIOUS, SPIRITUAL, & NON-SPIRITUAL RITUALS, PRACTICES, TRADITIONS, MEANING-MAKING.	
HEALTH & BODY	MENTAL AND PHYSICAL HEALTH, THERAPY, EXERCISE, MEDS, JOURNALING.	
OTHER	ANYTHING THAT DOESN'T FIT IN THE CATEGORIES ABOVE	



# VALUES

## WHEEL

THE VALUES WHEEL IS A HELPFUL TOOL THAT LOCATES WHICH AREAS OF LIFE YOU ARE LIVING IN ALIGNMENT WITH YOUR VALUES. THINK ABOUT THE VALUES YOU SELECTED FOR EACH CATEGORY ABOVE, AND WRITE THEM ON THE WHEEL BELOW IN THEIR RESPECTIVE CATEGORY, RATING THEM FROM 1 - 10. **SCALE:** 1 = COMPLETE ALIGNMENT AND CONGRUENCE AND 10 = COMPLETE MISALIGNMENT AND INCONGRUENCE.





## QUESTIONS

# TO THINK ABOUT

### QUESTION #1

Are these actually my values or are they borrowed from someone else? Borrowed values can be instilled in us from our parents, family of origin, societal programming, etc.



### QUESTION #2

How do these values show up in my everyday life? My decision-making, problem-solving, and future-building? In my thoughts, actions, and words?



### QUESTION #3

Which values do I hope to strengthen? How might I go about leaning in to the values I actually find important and live more congruently?



### QUESTION #4

What was surprising about this activity? What was disappointing? What was reassuring or validating about working through my values?

