

Values Clarification

Values are unique to each individual. They are important because they greatly influence our behavior.

Step One.
From the list below choose the top 5 values most important to you. There are no right or wrong choices. Do not choose what you think you "should" choose what aligns with the deepest part of you.

Love	Fun	Spirituality
Wealth	Prestige	Respect
Family	Nature	Stability
Faith	Conservation	Wisdom
Courage	Popularity	Fairness
Morals	Harmony	Creativity
Success	Responsibility	Originality
Knowledge	Humor	Relaxation
Power	Loyalty	Safety
Friendship	Truth	Personal Growth
Freedom	Justice	empathy
Adventure	Independence	Team work
Variety	Achievement	Open mindedness
Peace	Beauty	Decisiveness
Influence	Transformation	Stewardship
Profitability	Productivity	Comfort
ADD YOUR	OWN	WORDS

Enter Your Top 10 Values Below

My top 5 values

Narrow to Top 5 and put in order from 1-5

Top 5 values

Value Conflicts - Do any of your top values appear to conflict in any way? E.g. Adventure and Safety. This can lead to "gas and brakes" effect

Value conflict

Exercise: Bridging Apparent Value Conflicts -

Bring the two conflicting value statements into a circular loop sentence.

E.g. #1 *The bigger I grow my business the more freedom I have and the more freedom I have the bigger I grow my business.*

E.g. #2 *The more I have structure the more creative I can be and the more creative I am the more structure I create*

conflict unification

Journaling Awareness Exercise: Is my current life in alignment with my core values? Where am I living out of alignment with my core values? (enter in your online journal now. Share with coach and perhaps include in future coaching session. Include how this makes you feel, how it has been affecting your peace, joy, productivity, etc. What will you do differently to live in closer alignment with my core values.

E.g. If peace was core value and a you often lose peace around a person have conversation from your perspective (when _____ happens I feel _____ this is affecting my peace that is so important to me.) Come up with creative solution. Set boundaries. Choose to leave, see person less, etc. This is a great role modeling for children

©2023 Prosper in All Things, Brenda Byers, no part may be duplicated without express permission