



Live Like it Matters!

Determining Your Values Worksheet

Purpose of this Worksheet

Your values are critical decision making tools in your life. Each time you act in alignment with your values you strengthen your sense of self-worth. Each time you experience a values conflict (which you act opposite to your values) you diminish your sense of self-worth.

Do you consciously know what your values are?

Who will benefit from this worksheet

Anyone who wants to...

- Develop their sense of self-worth.
- Feel more fulfilled.
- Experience greater joy and happiness in their life.

Process

Step 1

Identify 10 values which you believe are important to you and record these in any order on the values table which follows.

Step 2

Compare the values with one another using the Values Comparison Grid. The numbers on the X and Y axis relate to the corresponding values on the Values Table. When comparing the two values with each other, determine which you consider to be more important and record the corresponding number in the cell where the row and column overlap. (See the example on the Values Comparison Grid)

Step 3

Count how many times each number was listed as a priority and record this total in each corresponding row of the Values Table under the SCORE column. For example, if I listed no. 4 as the priority 8 times on the Values Comparison Grid, I would record the number 8 under the score column on the number 4 row.

Step 4

Circle the rows with the highest number under the score column. The number with the highest score is your most important value, next highest your second most important value, and third highest your third most important value. If two rows are tied, compare these two rows and choose one as a priority.

Values List

- Family
- Friends
- Children
- Peace
- Respect
- Acceptance
- Positivity
- Honesty
- Honor
- Dedication
- Freedom
- Excellence
- Self-Confidence
- Abundance
- Acceptance
- Integrity
- Gratitude
- Love
- Wisdom
- Contribution
- Enthusiasm
- Fulfillment
- Happiness
- Joy
- Personal Freedom
- Pleasure
- Recognition
- Personal Power
- Health and Wellbeing
- Success
- Intimacy
- Self-Control
- Courage
- Trust
- Humility
- Fairness
- Effectiveness
- Inner Security
- Outer Security
- Peace of Mind
- Satisfaction
- Order
- Harmony
- Patience
- Discipline
- Creativity

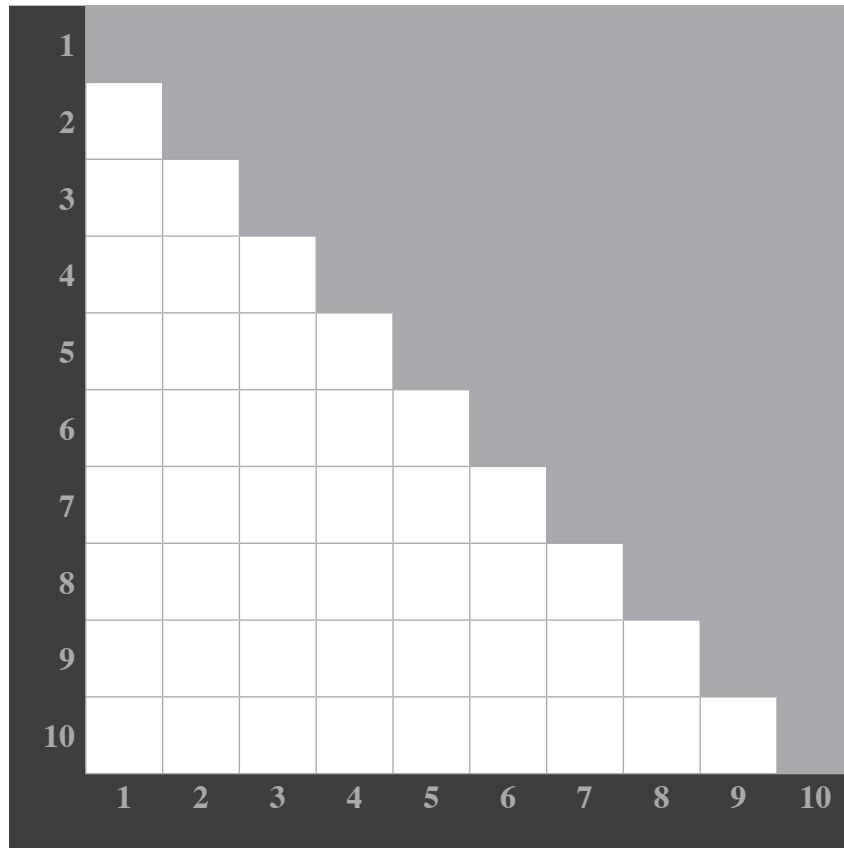
Values Table

Top 10 Values		Score
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

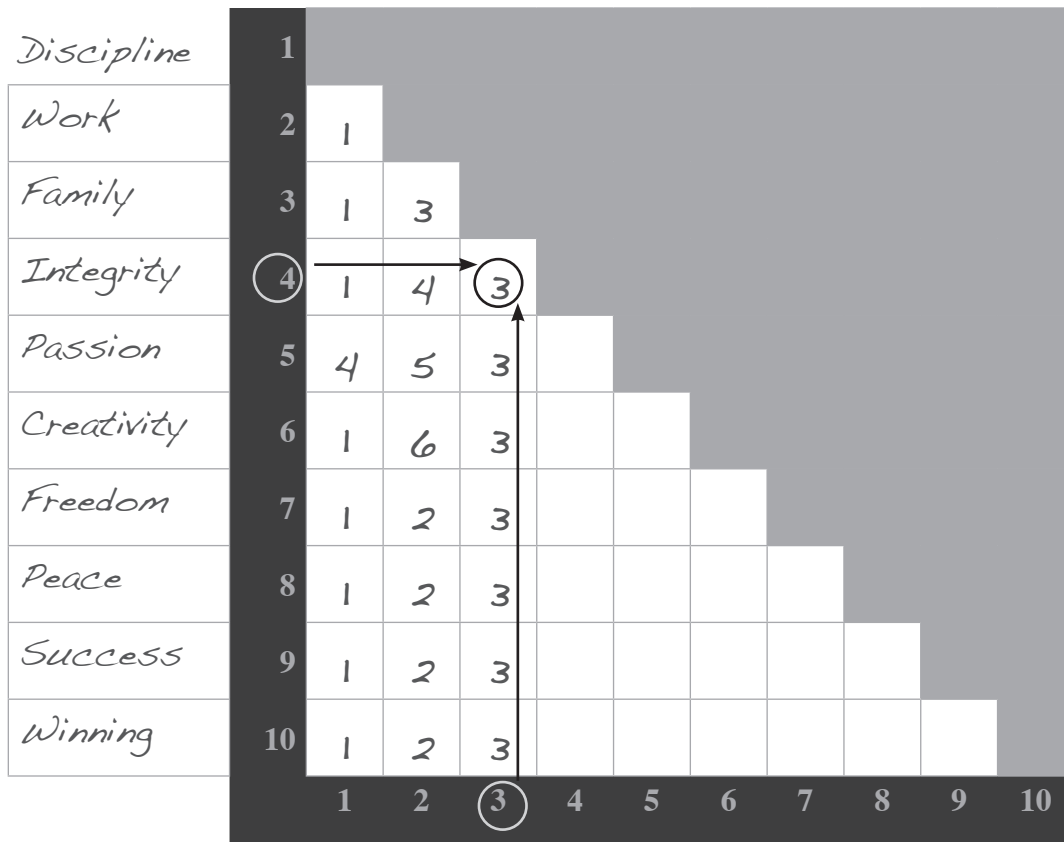
Example

Top 10 Values		Score
1	<i>Discipline</i>	
2	<i>Work</i>	
3	<i>Family</i>	
4	<i>Integrity</i>	
5	<i>Passion</i>	
6	<i>Creativity</i>	
7	<i>Freedom</i>	
8	<i>Peace</i>	
9	<i>Success</i>	
10	<i>Winning</i>	

Values Comparison Grid



Example - compare the corresponding value to the row number with the corresponding value to the column number and record which one is the priority for you.



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