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## *Identifying Values*

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Achievement  
 Physical challenge  
 Growth  
 Affection  
 Arts  
 Challenging problems  
 Change and variety  
 Influencing others  
 Recognition / respect  
 Competition  
 Cooperation  
 Country  
 Creativity  
 Decisiveness  
 Adaptability  
 Stability  
 Social Status  
 Patriotism  
 Time freedom  
 Truth  
 Wealth  
 Fame  
 Work under pressure  
 Personal development

Friendships  
 Advancement / promotion  
 Family  
 Helping other people  
 Stewardship  
 Honesty  
 Independence  
 Community  
 Competence  
 Intellectual status  
 Involvement  
 Job tranquility  
 Knowledge  
 Leadership  
 Nature awareness  
 Economic security  
 Effectiveness  
 Efficiency  
 Ethical practice  
 Excellence  
 Excitement  
 Order  
 Fast living

Pleasure  
 Adventure  
 Power / authority  
 Privacy  
 Public service  
 Purity  
 Religion  
 Inner harmony  
 Integrity  
 Reputation  
 Responsibility  
 Security  
 Self-Respect  
 Serenity  
 Loyalty  
 Market position  
 Meaningful work  
 Merit  
 Money  
 Spirituality  
 Wisdom  
 Financial gain  
 Work with others

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## *Why and how to focus on Values?*

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- I. Values are what matter to us, the meaning that gives life purpose and direction.
  - A. Consider yourself from three different periods in your life and select the Value(s) you believe to be at the center of that time:
    1. Past: \_\_\_\_\_
    2. Now: \_\_\_\_\_
    3. Future: \_\_\_\_\_
- II. Values are how we get Triggered: a mental framing of an experience that, when violated or supported, leads to an internal reaction, i.e. an emotion.
  - A. Think of three situations where you felt a strong reaction and identify what Value was being unsupported or violated. Its ok if there are more than one:
    1. \_\_\_\_\_ : \_\_\_\_\_
    2. \_\_\_\_\_ : \_\_\_\_\_
    3. \_\_\_\_\_ : \_\_\_\_\_
- III. Values provide points of contact interacting with others within our personal stories.
  - A. Select three identities you define yourself by (son/daughter, parent, employee, political or religious affiliation, etc.) What Value(s) are fundamental to each?
    1. \_\_\_\_\_ : \_\_\_\_\_
    2. \_\_\_\_\_ : \_\_\_\_\_
    3. \_\_\_\_\_ : \_\_\_\_\_
- IV. Values are always supported by our actions or Behavior. Every act we commit is in service to what we care about.
  - A. Select a recent behavior and identify what Value you were attempting to support:
    1. \_\_\_\_\_
  - B. Do the same thing but this time selecting someone else's behavior:
    1. \_\_\_\_\_