

Identifying Values

This *Identifying Values* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: HealingthePlanetfromWithin.com where you can download many more to help positively change your life.

What are your key values?

What's really important to you?

Everyone has a set of personal values. What motivates you in life is dependent on your highest value.

You gain your personal values throughout your childhood and from past experience. They can range from values of family traditions such as valuing the need to do family dinners every Sunday night, or perhaps your family values independent time. Values can also relate to everyday situations such as work situations: punctuality, reliability, and credibility. Then there are values that describe how you relate to others: truthfulness, kindness, and generosity. And values that relate to yourself: self-respect, loving self, time for you, activities to de-stress, etc.

Your thoughts, feelings, emotions, attitude and intentions are guided by your values, so what you value most is usually in your thoughts and behaviours.

Everyone has their own unique personal values that guide them. For instance, someone whose value is to *make a difference* in people's lives would be drawn to becoming a counsellor or teacher. Another person who might have values about *children's rights* becomes successful in a career of social work.

On the other hand, if a person has strong family values, but works a 60 hour work week it is likely they will feel a lot of pressure and stress. This is when your values are in conflict with your behaviours.

If your life focus is different than your core values you will feel dissatisfied and frustrated. It's important to ensure that your values determine your priorities. When you do things that align with your personal values you feel content and satisfied in life.

It's much easier to make decisions once you've identified your values. Life goes much more smoothly.

In this free personal development worksheet you'll become more deeply familiar with your values.

Take some time to list your values in order of importance.

Step 1: Circle your top 10 values.

Step 2: List them from 1 to 10 in order of importance. #1 is your top value in life.

Sometimes you'll find that a few values nearly rank the same – and that's ok.

Remember, everyone has different values and ideas of what's most important to them. No one is wrong. Everyone is different.

The idea is to first identify your values and then determine how they play a role in your life. Do your daily activities support what you value?

Value	Ranking
Family	
Generosity	
Life Purpose	
Career	
Being Organised	
Spirituality	
Hobbies	
Leisure time	
Loyalty	
Religion	
Health	
Forgiveness	
Integrity	
Independence	
Success	
Adaptability	
Kindness	
Safety	
Leadership	
Financial Security	
Community	

Hobbies	
Sports	
Animal Welfare	
Having a Positive Attitude	
Personal Development	
Family Traditions	
Intellect	
Reliability	
Partner/Relationship	
Social Justice	
Freedom	
Fitness Level	
Authenticity	
Happiness	
Self-Growth	
Wealth	
Creativity	
Strong Work Ethics	
Being Dependable	
Friends	
Healing the Planet	
Honesty	
Children's Rights	
Peace	
Being Flexible	
Feelings of Belonging	
Good Communication	
Responsibility	

Write down your top 5 values and why they are important to you.

Which, of all the values listed, do you spend more time on? Why?

Are your goals aligned with your top values? If not, why?

What can you change in your life to align more with your personal values?