



Values Assessment Tool

Getting clear on your values will provide you with an important anchor and give you a deeper sense of ease as you navigate the complicated choices of work, life and everything in between.

Here is how we recommend you use this Values Assessment Tool:

1. Find a quiet place

To begin, it's best to do this exercise when you have at least 15 minutes of uninterrupted time, perhaps in the evening. Find a quiet space, print the values list below (page 2) and have a pen ready.

2. Trust your body

As you choose your top values, try to listen to your body rather than your mind. Perhaps there is a word that you *think* you should value, but it feels hollow. Go with your gut feeling, choose the words that make your body feel light and that resonate on a deeper level.

3. Create space

Once you've chosen your top values, take a break. Go for a run, sleep on it, create space and allow it to settle in. Come back to your list a few hours or even days later and make sure these values still resonate. Be open and honor your process. After you've taken a break, do a final cut and narrow down your top ten values.

4. Focus

After you finalize your core values, it's important to keep them top of mind. Each morning, think of your top values before getting out of bed and say to yourself; "Today, I'm going to make choices aligned with my values of xyz." Throughout the day, anytime you remember, come back to your list of core values. You may even want to write them on a sticky note and post it on your computer or desk. If you notice yourself feeling guilty about a choice you've made, re-focus and come back to your values.

5. Take Action

To strengthen your values, it is critical that you take action by making choices aligned with these values. It's not enough to simply identify your values by circling them on this sheet. Think of one action step you can take *this week* that is aligned with your values. Maybe it's making time for a friend in need, blocking off your schedule for a yoga class, or focusing on a project at work. Whatever it is, create the time and space to make your values a reality.

Most importantly, remember that whenever you make a choice that is aligned with your values, it will lead to greater authenticity, connection and joy in your life. Let your values lead you and you can't go wrong. Enjoy!



TOP 10 VALUES EXERCISE

Read the list below and circle the top ten values that stand out to you.

Abundance	Comradeship	Flow	Love	Respect
Acceptance	Connectedness	Focus	Loyalty	Responsibility
Accomplishment	Contribution	Freedom	Mastery	Risk Taking
Accountability	Control	Friendship	Meaning	Romance
Accuracy	Courage	Fun	Mindfulness	Sacrifice
Achievement	Creativity	Generosity	Nature	Satisfaction
Acknowledgement	Daring	Gentleness	Nurturing	Security
Activeness	Decisiveness	Growth	Open-mindedness	Self-expression
Adventure	Dependability	Happiness	Openness	Self-reliance
Aesthetics	Determination	Harmony	Optimism	Sensitivity
Altruism	Dignity	Health	Orderliness	Sensuality
Amusement	Diligence	Honesty	Originality	Significance
Appreciation	Directness	Humility	Outdoors	Solitude
Approval	Discipline	Humor	Participation	Spirituality
Artistry	Discovery	Imagination	Passion	Spontaneity
Attraction	Ease	Impact	Patience	Stewardship
Authenticity	Elegance	Improvement	Peace	Style
Autonomy	Emotions	Independence	Perfection	Success
Awareness	Empathy	Information	Persistence	Support
Balance	Empowerment	Inner life	Philanthropy	Teaching
Beauty	Encouragement	Inspiration	Play	Traditions
Being the best	Energy	Integrity	Playfulness	Tranquility
Bliss	Enjoyment	Intellect	Popularity	Trust
Boldness	Enthusiasm	Intimacy	Power	Understanding
Certainty	Excellence	Inventiveness	Preparedness	Vitality
Choice	Excitement	Joy	Privacy	Vulnerability
Clarity	Experience	Justice	Productivity	Wealth
Collaboration	Experimenting	Kindness	Realism	Willfulness
Commitment	Expression	Knowledge	Reason	Winning
Community	Fame	Leadership	Recognition	Wisdom
Compassion	Family	Learning	Relaxation	Wonder
Competition	Feeling good	Legacy	Reputation	Worthiness
Completion	Flexibility	Liveliness	Resourcefulness	Zest