

GET CLEAR ON YOUR HIGHEST VALUES



Welcome!

I'm Elisabeth and I'm so glad you're here. Getting clear on what's most important to you (your highest values) is critical to living and leading in a way that is meaningful, fulfilling and effective. Find yourself a place where you can relax and take your time with the following exercise and questions.

ekc EK COACHING

VALUES CLARIFICATION

What are values? Values are abstract qualities of intrinsic worth. They are related to, but not the same as, morals and ethics. A moral is a philosophical principle of right and wrong. Ethics are a system of moral standards. Every person has a unique set of values that are important to them and that they prioritize. Whether consciously adopted or unconsciously inherited, our values motivate our habits and behaviors. While we tend to feel quite strongly about these qualities, values are neither positive nor negative, nor are they good or bad.

Honoring our values is one way we can help ourselves to live meaningful, fulfilling lives. During times of transition, identifying values helps us to choose next steps and new beginnings that align with who we are and the life and world we wish to create.

Mark the values that are most important to you. Feel free to write in any value that comes up for you that you don't see listed here.

<input type="checkbox"/> Abundance	<input type="checkbox"/> Competition	<input type="checkbox"/> Exhilaration	<input type="checkbox"/> Inspiration	<input type="checkbox"/> Personal Growth	<input type="checkbox"/> Sensuality
<input type="checkbox"/> Acceptance	<input type="checkbox"/> Completion	<input type="checkbox"/> Expansion	<input type="checkbox"/> Integration	<input type="checkbox"/> Persuasion	<input type="checkbox"/> Serenity
<input type="checkbox"/> Accomplishment	<input type="checkbox"/> Conformity	<input type="checkbox"/> Expert	<input type="checkbox"/> Integrity	<input type="checkbox"/> Planning	<input type="checkbox"/> Service
<input type="checkbox"/> Accuracy	<input type="checkbox"/> Congruent	<input type="checkbox"/> Faith	<input type="checkbox"/> Intimacy	<input type="checkbox"/> Playfulness	<input type="checkbox"/> Sincerity
<input type="checkbox"/> Achievement	<input type="checkbox"/> Connection	<input type="checkbox"/> Family	<input type="checkbox"/> Intuition	<input type="checkbox"/> Pleasure	<input type="checkbox"/> Solitude
<input type="checkbox"/> Action	<input type="checkbox"/> Contemplation	<input type="checkbox"/> Feeling	<input type="checkbox"/> Invention	<input type="checkbox"/> Power	<input type="checkbox"/> Space
<input type="checkbox"/> Adventure	<input type="checkbox"/> Contentment	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Judgment	<input type="checkbox"/> Preparation	<input type="checkbox"/> Spirit
<input type="checkbox"/> Aesthetics	<input type="checkbox"/> Contribution	<input type="checkbox"/> Focus	<input type="checkbox"/> Justice	<input type="checkbox"/> Privacy	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Alignment	<input type="checkbox"/> Control	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Laughter	<input type="checkbox"/> Process	<input type="checkbox"/> Spontaneity
<input type="checkbox"/> Altruism	<input type="checkbox"/> Courage	<input type="checkbox"/> Freedom	<input type="checkbox"/> Leadership	<input type="checkbox"/> Professionalism	<input type="checkbox"/> Stimulation
<input type="checkbox"/> Artistic	<input type="checkbox"/> Creativity	<input type="checkbox"/> Fun	<input type="checkbox"/> Learning	<input type="checkbox"/> Prosperity	<input type="checkbox"/> Strength
<input type="checkbox"/> Assistance	<input type="checkbox"/> Dedication	<input type="checkbox"/> Glamour	<input type="checkbox"/> Love	<input type="checkbox"/> Quest	<input type="checkbox"/> Superiority
<input type="checkbox"/> Attainment	<input type="checkbox"/> Delight	<input type="checkbox"/> Grace	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Question	<input type="checkbox"/> Synthesis
<input type="checkbox"/> Augment	<input type="checkbox"/> Dependable	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Magic	<input type="checkbox"/> Radiance	<input type="checkbox"/> Tenderness
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Devotion	<input type="checkbox"/> Guidance	<input type="checkbox"/> Magnificence	<input type="checkbox"/> Realization	<input type="checkbox"/> Thinking
<input type="checkbox"/> Autonomy	<input type="checkbox"/> Direct	<input type="checkbox"/> Harmony	<input type="checkbox"/> Mastery	<input type="checkbox"/> Recognition	<input type="checkbox"/> Thoughtfulness
<input type="checkbox"/> Awareness	<input type="checkbox"/> Discernment	<input type="checkbox"/> Health	<input type="checkbox"/> Movement	<input type="checkbox"/> Refinement	<input type="checkbox"/> Thrill
<input type="checkbox"/> Awe	<input type="checkbox"/> Discovery	<input type="checkbox"/> Holistic	<input type="checkbox"/> Mysticism	<input type="checkbox"/> Reflection	<input type="checkbox"/> Touch
<input type="checkbox"/> Balance	<input type="checkbox"/> Divinity	<input type="checkbox"/> Honesty	<input type="checkbox"/> Nature	<input type="checkbox"/> Relationship	<input type="checkbox"/> Transformation
<input type="checkbox"/> Beauty	<input type="checkbox"/> Drama	<input type="checkbox"/> Honor	<input type="checkbox"/> Nurture	<input type="checkbox"/> Religious	<input type="checkbox"/> Trust
<input type="checkbox"/> Bliss	<input type="checkbox"/> Dream	<input type="checkbox"/> Hope	<input type="checkbox"/> Openness	<input type="checkbox"/> Resilience	<input type="checkbox"/> Truth
<input type="checkbox"/> Bravery	<input type="checkbox"/> Educate	<input type="checkbox"/> Humor	<input type="checkbox"/> Orderliness	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Understanding
<input type="checkbox"/> Calm	<input type="checkbox"/> Elegance	<input type="checkbox"/> Image	<input type="checkbox"/> Originality	<input type="checkbox"/> Reverence	<input type="checkbox"/> Uniqueness
<input type="checkbox"/> Candor	<input type="checkbox"/> Empowerment	<input type="checkbox"/> Imagination	<input type="checkbox"/> Partnership	<input type="checkbox"/> Risk Taking	<input type="checkbox"/> Unity
<input type="checkbox"/> Choice	<input type="checkbox"/> Encouragement	<input type="checkbox"/> Improvement	<input type="checkbox"/> Patience	<input type="checkbox"/> Romance	<input type="checkbox"/> Vision
<input type="checkbox"/> Clarity	<input type="checkbox"/> Energy	<input type="checkbox"/> Independence	<input type="checkbox"/> Peacefulness	<input type="checkbox"/> Safety	<input type="checkbox"/> Vitality
<input type="checkbox"/> Comfort	<input type="checkbox"/> Enjoyment	<input type="checkbox"/> Influence	<input type="checkbox"/> Perception	<input type="checkbox"/> Satisfaction	<input type="checkbox"/> Vulnerability
<input type="checkbox"/> Commitment	<input type="checkbox"/> Enlightenment	<input type="checkbox"/> Information	<input type="checkbox"/> Perfection	<input type="checkbox"/> Security	<input type="checkbox"/> Wealth
<input type="checkbox"/> Community	<input type="checkbox"/> Entertainment	<input type="checkbox"/> Ingenuity	<input type="checkbox"/> Performance	<input type="checkbox"/> Self-Expression	<input type="checkbox"/> Wholeness
<input type="checkbox"/> Compassion	<input type="checkbox"/> Excellence	<input type="checkbox"/> Inquisitive	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Sensation	<input type="checkbox"/> Will

PRIORITIZATION ACTIVITY

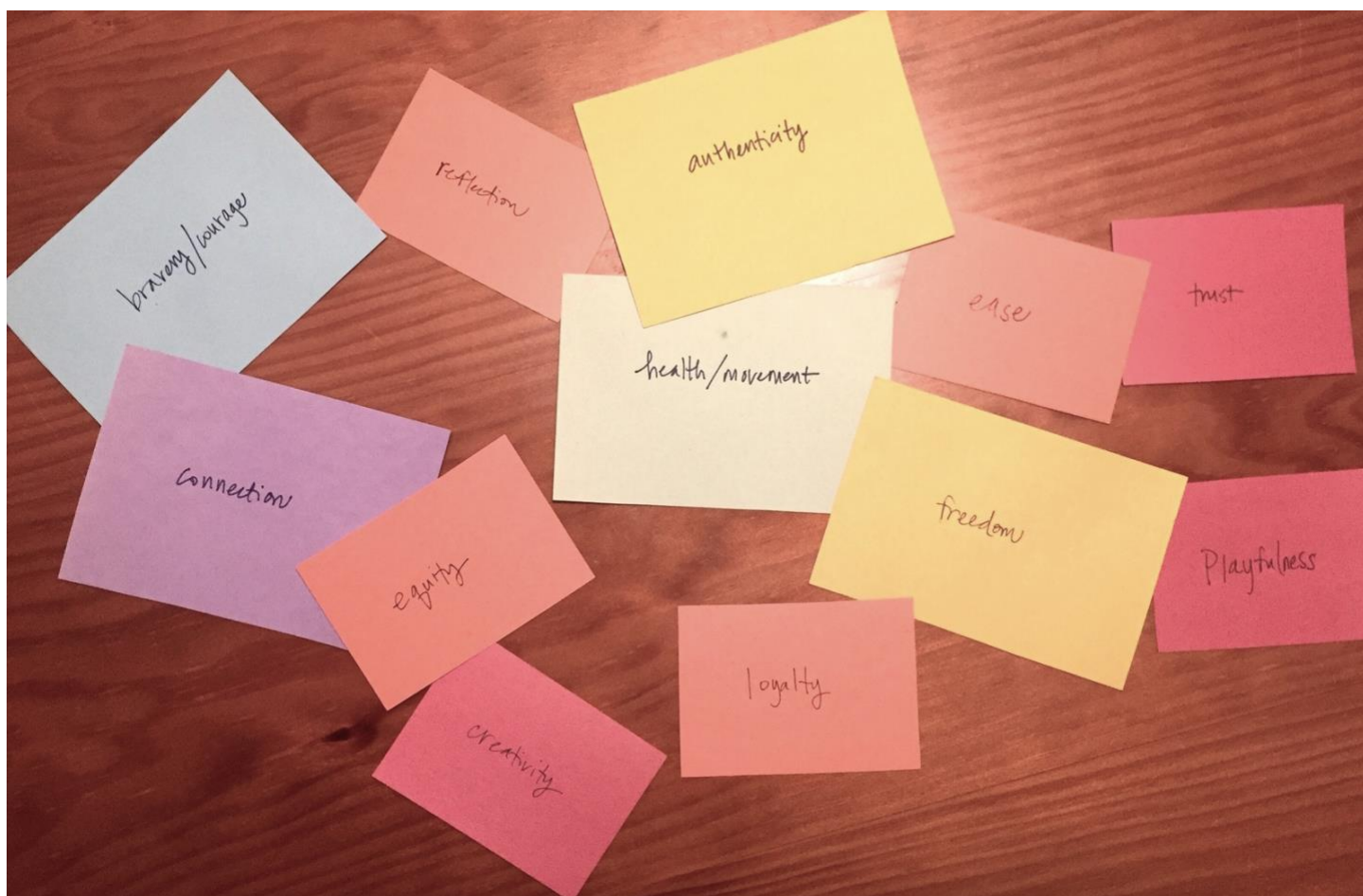
STEP 1: Write each of the values that you checked from the list above on its own index card (or post-it or scrap of paper, whatever you have!)

STEP 2: Lay them all out in front of you so that you can spend some time playing with them.

STEP 3: Begin by grouping together values that are similar and/or values that stand out as really core to who you are.

STEP 4: Narrow down to 10 value cards only and rank them in order of importance from 1-10.

STEP 5: Answer the reflection questions on the next page of this worksheet.



REFLECTION QUESTIONS

What do you notice about your top values? Trends? Themes? Outliers?

What values are you honoring the most in your life right now?

What values are you honoring the least in your life right now?

In your current situation, which values are most important to be honoring?

What would be different for you if you were to honor your values more fully?

