

VALUES INVENTORY

What are My Values?

Values reflect what is most important in your life. Living a life that honors your values is a measure of how fulfilling your life is. Be clear on what is truly important to YOU – personally and professionally – and not what others say is important to you.

Values Exercise

- Step 1: Create a list of personal values (single words/phrases) in the first column. Ask yourself, “What can’t I live without?”, “What is most important to me?”, “What drives me crazy?”, “Where am I unwilling to compromise?”, “What would I fight for?”
- Step 2: Formulate word strings that further describe what each value means to you. (For example, many of us value “family” but we would each define “family” differently. What does “family” mean to you? What does it give you?)
- Step 3: Circle the one word/phrase in the word string that truly embodies and names the value. That represents your “ends” (as opposed to “means”) value.
- Step 4: Rank order your values in terms of importance.
- Step 5: Find a structure, a physical reminder for your top 3-ranked values (e.g., photo, quote, song) that are easily accessible and will remind you of your values.

Value	Word String	Ranking	Structure

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