

Values worksheet — what matters to you?

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Where are you now?

With so many options out there to commit your time and money toward, plus a busy schedule and commitments to family and friends, how do you decide where to focus? It's not uncommon to get pulled and pressured in many different directions. But if you have a clear vision that's soundly built on your values, you will have an internal compass in place. This worksheet will help you identify what's important to you and your family and help you understand how to identify, and then live, your own core values.

Clarifying your values

For this worksheet, sit down with your parents — in person or virtually — and share your responses. You may be surprised to learn what you have in common — or where you differ. There are no right or wrong answers; this is not a test. Think of it as a way to help clarify your thinking and open up lines of communication that can cross generational borders.

Let's start by thinking about values. Values are the principles that guide the kinds of choices you make and how you live your life. They are the traits that represent your highest priorities. There are different kinds of values, including social, religious and ethical, to name a few. Each person's set of core values is unique, even within a family.

Exercise 1: Identifying your values

The list below represents some of the values you may hold. Its purpose is to help you start thinking about and reaching a better understanding of your own most significant values. Check the values that you feel are most important to you. And feel free to add any of your own to this list.

Collaboration	Entrepreneurship	Honesty	Leadership	Self-respect
Community	Equality	Humility	Loyalty	Truth
Compassion	Excellence	Independence	Money	Work
Creativity	Faith	Integrity	Quality relationships	
Dignity	Family	Justice	Respect	
Diversity	Freedom	Knowledge	Responsibility	

Why are these values important to you?

How would you rank them in priority, and why?

<i>Value</i>	<i>Rationale</i>
1.	
2.	
3.	

Which values were important to your parents/family? Were they different from yours?

Exercise 2: Understanding values in your environment, family and self

This next exercise is for families to complete together. In this exercise, start by thinking broadly, or universally. For this, you can pull examples from almost any area — including the public arena, your community, politics, religion, entertainment and philanthropy. Next you will move on to increasingly narrow the focus to values you experience within your family, and then finally to values you see specifically in yourself.

View these questions as thought-starters. And get ready to broaden your thinking.

Universal

<i>Whom do you admire most?</i>	<i>List three values that this person exhibits or symbolizes.</i>
	1.
	2.
	3.

Family

Have you seen examples of the above values in your family? Yes ____ No ____

What other admirable values have you experienced in your family?

Personal

What admirable values do you see in yourself?

Review this exercise with your parents/family. What are their responses to the above questions? What can you learn from them? What can they learn from you?

Exercise 3: Vision — Bringing your values to life

What opportunities do you have to bring your values to life?

With your family:

With your friends:

With your community:

Philanthropically:

At your job:

What values do you want to incorporate in your life?

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