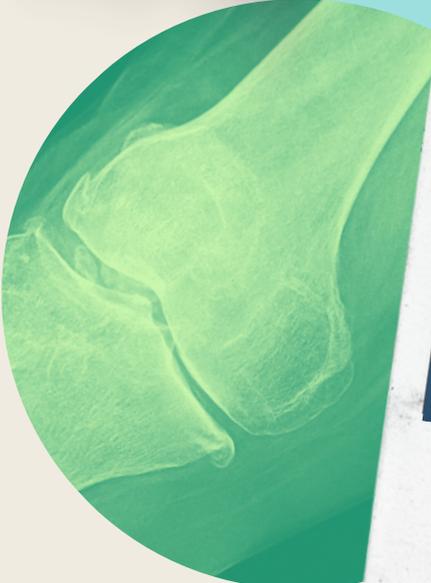


WHY VALUES MATTER

Values govern every thought you have and action you take

“

VALUES are stable long-lasting beliefs about what is important to you. They become standards by which you order your life and make your choices. Have you ever wondered why no matter how hard you try, you just can't seem to concentrate on certain tasks while for other activities you tackle them with ease and joy? Generally, the things you put off are those you value less and those you prioritize are the ones you value more. This varies for every person and there is no right or wrong order in a values list. For example, if you are highly organized and need everything in its place and your partner is somewhat less tidy and it drives you nuts, it doesn't mean they are a slob. Instead, it simply means they may not prioritize organization. Conversely, if one of their main values is finances and you can't seem to pay bills on time, it doesn't make you inept, it's just not one of your highest priorities.



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A lack of self-awareness or uncertainty about your values can lead to a less rational attitude about the choices you make that could result in undesirable behavior. The trick is to determine your values, how they fit into your current situation and how you can make the adjustments needed to ensure that your life, your work, and your decisions are in alignment with your highest values. That will result in you feeling energized in the morning to meet your day, go to work, and interact with your family. You will become a more resilient person and have more space and capacity for others because you are not constantly fighting through your day. You will make decisions that better align with what you value highly instead of saying yes to things you value less, because you understand consequences. It doesn't mean that occasionally we won't need to perform tasks that we don't enjoy or highly value, but those situations will be rarer. In addition, sometimes we make the conscious choice to do something that is not ideal because it addresses or satisfies a different value.

VALUES AND HEALTH

Not surprisingly, there is a strong connection between living in alignment with your values and your health. Respecting your prioritized values provides a sense of deep certainty regarding how you want to live your life. Research suggests when you live in alignment with your values you develop a resiliency for managing stress and tend to take better care of yourself both physically and emotionally. Imagine living a life where simply making decisions and living in alignment with your values gives you a better sense of wellbeing, longevity and increased good health.

VALUES AND WORK

Ever wish you were more excited and engaged in your career? Identifying your values can help you get there. Working in alignment with your values can keep you going when a task feels tiresome or frustrating. Conversely, you're less likely to stay motivated if you're working and don't have a clear reason for why you are doing it or are simply doing it because someone told you to. Knowing your values can help you find the right career in the first place. It can also help you identify if your current career is not a great fit and steer you in a different direction that will be more fulfilling.

VALUES AND LIFE

You can enrich your everyday life by clarifying your values and choosing to live in accordance with them. You're more likely to make in-the-moment choices that agree with your values if you are familiar with your priorities. When faced with the temptation to make choices that don't serve you well, from engaging in bad habits to treating other people unkindly, returning to your values can give you the confidence to make the choices that benefit you down the road. Living aligned with your values is a freeing experience. You will have more energy because you won't be exhausted from fighting your way through every day. You'll have capacity to be kinder and to weather adversity because you'll have bandwidth to handle stress, since stress will be a less frequent occurrence.

ASSIGNMENT

DEFINE YOUR VALUES

USE THIS WORKSHEET TO IDENTIFY
WHAT IS MOST IMPORTANT TO YOU

STEP 1

QUESTIONNAIRE

What makes you feel optimistic?

What would your loved ones say are your best qualities?

What makes you lose track of time?

What makes you feel like your needs are met?



What makes you feel proud?

When you've felt happiest, what were you doing?

What are your greatest accomplishments?

Tradition

Growth

Money

Safety

Fairness

Adventure

Authenticity

Family

Power

Compassion

Grace

Learning

Community

Fun

STEP 2

VALUES CIRCLE

CIRCLE THE FIVE TO TEN VALUES THAT MATTER MOST TO YOU; IN THE BLANK BOXES, ADD ANY VALUES YOU HOLD THAT AREN'T ALREADY IN YOUR CIRCLE

Equality

Athleticism

Loyalty

Risk-Taking

Discipline

Ambition

Health

Safety

Knowledge

Order

Faith

Stability

Loyalty

Love

Leadership

Openness

Individuality



STEP 3

VALUES DISTILLATION

TAKE A LOOK AT THE WORDS YOU WROTE AND SELECTED IN THE FIRST TWO STEPS OF THIS ASSIGNMENT. WHAT PATTERNS CAN YOU DISCERN?

Group these words into three general categories using the “supporting values” section below. Give each category a name; it can be one of the existing terms or a new one that’s more broad. (If your values include family, community, and connection, you might decide that “connection” is the most comprehensive.) And with that, you have defined your primary values.

Category 1	Category 2	Category 3
	SUPPORTING VALUES:	