

## PROGRAM

# Momentum

## Discovering Your Values

Values are your inner compass. Your heart's deepest desires for how you behave as a human being. It's what you deeply care about. What you stand for. What drives you.

### Instructions

#### Part 1

- Review the list of personal values on the page and mark the 5 values that are most important to you in the first column under "Life".
- Go with your first reaction.
- If there's a value you hold that is not on the list, add it to the list.
- If you don't agree with the definition, use your own definition. Values are unique to you.
- Note: it's normal to value everything on the page but there are likely several values that rise to the top as more important to you.

#### Part 2

- Repeat the exercise but this time think of it through the lens of work and your career. Which 5 values are most important to you when it comes to work?
- Mark the 5 most important in the 2nd column under "Work".

#### Part 3

- Compare your responses in the Life and Work columns.
- Reflect on the values emerging for you that span across both columns.. Are they the same or different? What feels true for you?
- Mark your Top 3 values that span across both columns in the 3rd column under "Work.Life."

Value	Life	Work	Work.Life
<b>Achievement</b> (accomplish something noteworthy, achieve goals)			
<b>Adventure</b> (new and challenging experiences, unusual, exciting)			
<b>Authenticity</b> (true to your own personality, values, and spirit)			
<b>Affection</b> (love, fondness, caring)			
<b>Community</b> (commitment and connection to a group)			
<b>Competition</b> (being the best, sense of rivalry, being respected)			
<b>Creativity</b> (inventive, imaginative, original)			
<b>Equity</b> (fair, impartial)			
<b>Fame</b> (being well known, notable, distinct)			
<b>Family Happiness</b> (close relationship with family members)			
<b>Financial Security</b> (consistent income, comfortable)			
<b>Freedom</b> (independence, autonomy, liberty)			
<b>Growth</b> (develop, learn, purposeful expansion)			
<b>Health</b> (physical, mental, and emotional well-being)			
<b>Independence</b> (think, act, and speak for yourself)			
<b>Integrity</b> (honesty, sincerity, standing up for beliefs)			
<b>Loyalty</b> (fidelity, commitment, dedication, dependability)			
<b>Pleasure</b> (fun, enjoyment, good times)			
<b>Power</b> (influence, importance, authority)			
<b>Recognition</b> (respect, acknowledgment, status)			
<b>Responsibility</b> (accountability, reliability)			
<b>Self-Worth</b> (belief in your own abilities, self-respect, self-esteem)			
<b>Spirituality</b> (faith, strong spiritual and/or religious beliefs)			
<b>Wealth</b> (abundance, getting rich)			
<b>Wisdom</b> (discovering knowledge, insight, enlightenment)			

## Reflection Questions

1. Are any of your values driven by your family or friends or the culture at large? If so, is it truly *your* value? Filter out any “shoulds”.

2. Share your list with people close to you. Ask them what they see as the driving force inside of you. What can they add or help you sharpen?

## Decision Framework

Think about one big decision you need to make (e.g. where to live, who to date or marry, how to spend your time) and put your decision options in the top row. Put your Top 3 Values in the column on the left. Rate each decision option against your Top Values (1 = not aligned at all, 10 = very aligned) and then total the numbers in each column.

**Big Decision:** \_\_\_\_\_

		Decision Options		
<b>Values</b>				
	<b>Total</b>			

## Deeper Dive Materials

### Tools and Quizzes

[Life Values Inventory](#)

[Find Your Values](#)

[Personal Values Assessment](#)

### Videos

[Ted Talk: Why Values Matter](#)

[Ted Talk: Your Values are Your Inner Compass](#)

[Ted Talk: Start With Why](#)

### Books

[Discovering Your Authentic Core Values](#) by Marc Alan Schelske

