

EXPLORING VALUES EXERCISE

FOR BUSY PHYSICIANS



EXPLORING POSSIBLE VALUES

CIRCLE ALL THE WORDS THAT DESCRIBE WHAT MATTERS MOST TO YOU

Abundance
Acceptance
Accomplished
Accuracy
Achievement
Acknowledged
Activeness
Adaptability
Adventure
Affluence
Ambition
Appreciation
Approachable
Articulate
Assertiveness
Attentiveness
Beauty
Being the best
Belonging
Benevolence
Bravery
Calmness
Candor
Capability
Certainty
Challenge
Charity
Cheerfulness
Cleanliness
Comfort
Compassion
Connection
Consciousness
Consistency

Control
Conviction
Cooperation
Cordiality
Courage
Courtesy
Creativity
Credibility
Cunning
Curiosity
Daring
Decisiveness
Determination
Devotion
Dignity
Diligence
Direction
Directness
Discipline
Discovery
Diversity
Dreaming
Drive
Duty
Education
Efficiency
Empathy
Encouraging
Endurance
Energy
Excellence
Experience
Expertise
Exploration

Extravagance
Fairness
Faith
Fame
Family
Fashion
Fearlessness
Ferocity
Fitness
Flexibility
Friendliness
Frugality
Fun
Giving
Grace
Gratitude
Health
Holiness
Honesty
Honour
Hospitality
Humility
Humour
Hygiene
Imagination
Impact
Independence
Ingenuity
Inquisitiveness
Insightful
Inspiration
Integrity
Intelligence
Inventiveness

EXPLORING POSSIBLE VALUES

CIRCLE ALL THE WORDS THAT DESCRIBE WHAT MATTERS MOST TO YOU

Joy
Justice
Kindness
Leadership
Learning
Liberty
Liveliness
Logic
Longevity
Love
Meticulous
Mindfulness
Modesty
Motivation
Neatness
Obedience
Open-minded
Openness
Optimism
Order
Organization
Originality
Peace
Perceptiveness
Perfection
Perseverance
Playfulness
Poise
Popularity
Power
Persistence
Persuasive
Philanthropy
Precision

Preparedness
Presence
Privacy
Proactive
Professional
Prosperity
Prudence
Punctuality
Reason
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Resourceful
Respect
Restraint
Sacrifice
Security
Self-control
Selflessness
Self-reliance
Sensitivity
Significance
Silliness
Simplicity
Sincerity
Spirituality
Spontaneity
Strength
Structure
Success
Supremacy

Sympathy
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtful
Understanding
Uniqueness
Vision
Vitality
Warmth
Wealth
Winning
Wisdom

PRIORITY, OUTCOME & BEHAVIORS

PRIORITIZE YOUR TOP 3 VALUES BELOW AND LIST THE OUTCOME STATEMENT AND EXAMPLE BEHAVIORS FOR EACH OF THEM.

EXAMPLE

Value: Family

Outcome Statement: Give my family my attention, share quality time and provide leadership

Behaviors:

1. Monthly pre-scheduled time with my children
2. Regular date nights with my wife
3. No smartphones / screens during family time
4. Teach my children to lead with love
5. Marriage will be the center of our family

Value: _____

Outcome Statement: _____

Behaviors:

6. _____
7. _____
8. _____
9. _____
10. _____

Value: _____

Outcome Statement: _____

Behaviors:

1. _____
2. _____
3. _____
4. _____
5. _____

Value: _____

Outcome Statement: _____

Behaviors:

1. _____
2. _____
3. _____
4. _____
5. _____

NEXT STEPS

CONGRATULATIONS! YOU'RE ONE STEP CLOSER TO VALUES AWARENESS. THIS IS A GREAT FIRST STEP, BUT IT DOESN'T END HERE.

YOU HAVE TO BE TAKING ACTION ON THOSE VALUES FOR THEM TO REALLY IMPROVE YOUR LIFE. AND WE MUST CONTINUE TO FINE TUNE THEM OVER TIME TOO AS LIFE CHANGES.

HERE ARE SOME ADDITIONAL CONSIDERATIONS AND RESOURCES TO THINK ABOUT AS YOU BEGIN TO TAKE ACTION ON YOUR VALUES:

Values awareness increases your chances of taking action in alignment with those values. For a good reminder, consider writing them in your journal, hanging them in your bathroom mirror, printing them for your office or having them as your computer background.

Look at the areas of wellness (intellectual, emotional, professional, environmental, financial, spiritual, physical, and relationships) and consider how each of your values are being expressed and NOT expressed well in those areas. Use this observation to start coming up with goals.

Instead of setting surface level goals, use your values to guide goal setting and decision making.

ADDITIONAL RESOURCES:

- [80TH BIRTHDAY EXERCISE](#)
- [LIFE MAP EXERCISE](#)
- [FINANCE FOR PHYSICIANS PODCAST ON VALUES EXERCISES](#)
- [KINDER THREE QUESTIONS](#)