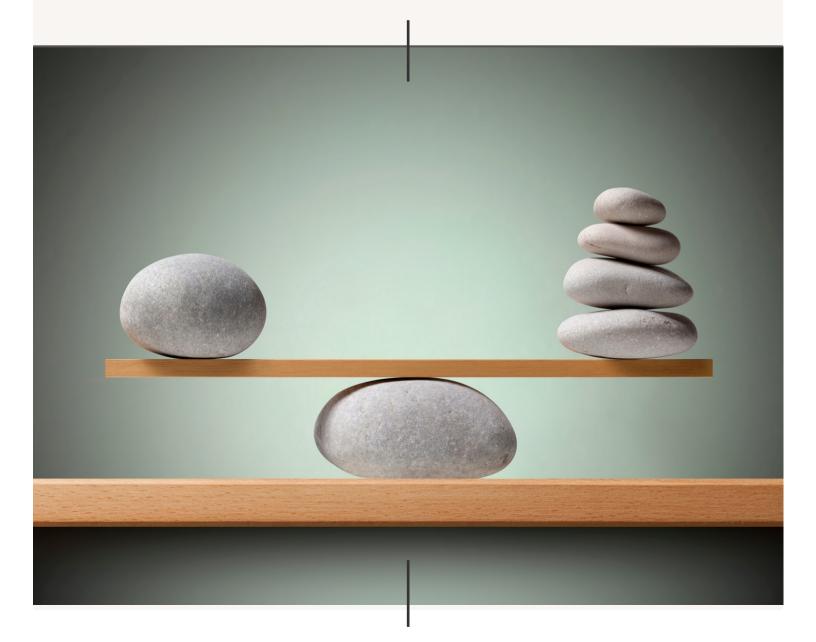
EXPLORING VALUES EXERCISE

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 Braverv Calmness Candor Capability Certaintv 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 Honestv 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

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

Preparedness Presence Privacv 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 Winnina 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:

- <u>80TH BIRTHDAY EXERCISE</u>
- LIFE MAP EXERCISE
- FINANCE FOR PHYSICIANS PODCAST ON VALUES EXERCISES
- <u>KINDER THREE QUESTIONS</u>