

EXPLORING VALUES EXERCISE

For Busy Families



WRENNE
FINANCIAL PLANNING

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:

- MONTHLY PRE-SCHEDULED TIME WITH MY CHILDREN
- REGULAR DATE NIGHTS WITH MY WIFE
- NO SMARTPHONES / SCREENS DURING FAMILY TIME
- TEACH MY CHILDREN TO LEAD WITH LOVE
- MARRIAGE WILL BE THE CENTER OF OUR FAMILY

VALUE: _____

OUTCOME STATEMENT: _____

BEHAVIORS:

- _____
- _____
- _____
- _____
- _____

VALUE: _____

OUTCOME STATEMENT: _____

BEHAVIORS:

- _____
- _____
- _____
- _____
- _____

VALUE: _____

OUTCOME STATEMENT: _____

BEHAVIORS:

- _____
- _____
- _____
- _____
- _____

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](#)