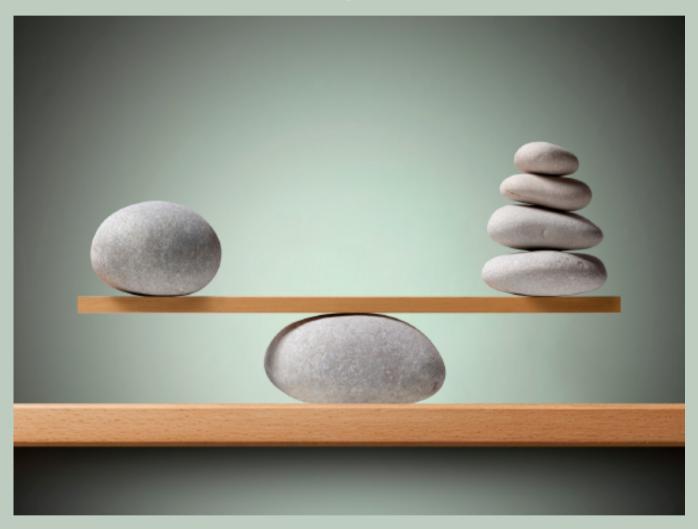
EXPLORING VALUES EXERCISE

For Busy Families





EXPLORING POSSIBLE VALUES

CIRCLE ALL THE WORDS THAT DESCRIBE WHAT MATTERS MOST TO YOU

ABUNDANCE	CONTROL	EXTRAVAGANCE
ACCEPTANCE	CONVICTION	FAIRNESS
ACCOMPLISHED	COOPERATION	FAITH
ACCURACY	CORDIALITY	FAME
ACHIEVEMENT	COURAGE	FAMILY
ACKNOWLEDGED	COURTESY	FASHION
ACTIVENESS	CREATIVITY	FEARLESSNESS
ADAPTABILITY	CREDIBILITY	FEROCITY
ADVENTURE	CUNNING	FITNESS
AFFLUENCE	CURIOSITY	FLEXIBILITY
AMBITION	DARING	FRIENDLINESS
APPRECIATION	DECISIVENESS	FRUGALITY
APPROACHABLE	DETERMINATION	FUN
ARTICULATE	DEVOTION	GIVING
ASSERTIVENESS	DIGNITY	GRACE
ATTENTIVENESS	DILIGENCE	GRATITUDE
BEAUTY	DIRECTION	HEALTH
BEING THE BEST	DIRECTNESS	HOLINESS
BELONGING	DISCIPLINE	HONESTY
BENEVOLENCE	DISCOVERY	HONOUR
BRAVERY	DIVERSITY	HOSPITALITY
CALMNESS	DREAMING	HUMILITY
CANDOR	DRIVE	HUMOUR
CAPABILITY	DUTY	HYGIENE
CERTAINTY	EDUCATION	IMAGINATION
CHALLENGE	EFFICIENCY	IMPACT
CHARITY	EMPATHY	INDEPENDENCE
CHEERFULNESS	ENCOURAGING	INGENUITY
CLEANLINESS	ENDURANCE	INQUISITIVENESS
COMFORT	ENERGY	INSIGHTFUL
COMPASSION	EXCELLENCE	INSPIRATION
CONNECTION	EXPERIENCE	INTEGRITY
CONSCIOUSNESS	EXPERTISE	INTELLIGENCE
CONSISTENCY	EXPLORATION	INVENTIVENESS



EXPLORING POSSIBLE VALUES

CIRCLE ALL THE WORDS THAT DESCRIBE WHAT MATTERS MOST TO YOU

JOY	PREPAREDNESS	SYMPATHY
JUSTICE	PRESENCE	TEAMWORK
KINDNESS	PRIVACY	TEMPERANCE
LEADERSHIP	PROACTIVE	THANKFULNESS
LEARNING	PROFESSIONAL	THOROUGHNESS
LIBERTY	PROSPERITY	THOUGHTFUL
LIVELINESS	PRUDENCE	UNDERSTANDING
LOGIC	PUNCTUALITY	UNIQUENESS
LONGEVITY	REASON	VISION
LOVE	RECOGNITION	VISION
METICULOUS	RECREATION	WARMTH
MINDFULNESS	REFINEMENT	WEALTH
MODESTY	REFLECTION	WEALTH
MOTIVATION	RELAXATION	WISDOM
NEATNESS	RELIABILITY	WISDOW
	RESOURCEFUL	
OBEDIENCE		
OPEN-MINDED	RESPECT	
OPENNESS	RESTRAINT	
OPTIMISM	SACRIFICE	
ORDER	SECURITY SELF-	
ORGANIZATION	CONTROL	
ORIGINALITY	SELFLESSNESS	
PEACE	SELF-RELIANCE	
ERCEPTIVENESS	SENSITIVITY	
PERFECTION	SIGNIFICANCE	
PERSEVERANCE	SILLINESS	
PLAYFULNESS	SIMPLICITY	
POISE	SINCERITY	
POPULARITY	SPIRITUALITY	
POWER	SPONTANEITY	
PERSISTENCE	STRENGTH	
PERSUASIVE	STRUCTURE	
PHILANTHROPY	SUCCESS	
PRECISION	SUPREMACY	



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:	
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VALUE:	
OUTCOME STATEMENT:	
BEHAVIORS:	
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VALUE:	
OUTCOME STATEMENT:	
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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

