

Values

Values are what we find meaningful and important. These can be different for different people.

Values are important to explore, because much of our goal-directed activity comes from a foundation of what is valued. For example, one may value a healthy lifestyle, and a related goal may be to exercise daily. We may value family, and therefore choose to schedule in time with them. Or if we don't have a family, our activities could lead to getting married and starting one.

It is common to mistake certain wishes and feelings for values. **Values are not internal states, how people treat us, or specific things to achieve.**

Below are some of the common areas of life that people value and may lead to goal-directed activity.



On the next page is a list of values that are related to the categories below. Use them to start listing your own values on the following page.



Physical well-being

What kind of values do you have regarding your physical wellbeing? How do you want to look at yourself?

Family relationships

What kind of relationships do you want with your family? What kind of mother/father/ brother/sister/uncle/ aunt do you want to be? What is important to you about a good family?

Intimate relationships

What kind of partner do you want to be? What quality of relationship do you want to be part of? How do you want to spend time together?

Citizenship/Community

What kind of environment do you want to be a part of? How do you want to contribute to your community?



Mental/Emotional Health

What helps you maintain sound mental health? Why is this important to you? What issues would you like to address?

Spirituality

What kind of relationship do you want with God/nature/ the Earth/mankind? What does having a spiritual life mean to you? How can you exercise this?

Friendships/ social relations

What sort of friend do you want to be? How would you like to act towards your friends? How can these relationships be improved?

Hobbies/ Recreation

How would you like to enjoy yourself? What relaxes you? When are you most playful? Are there any special interests you would like to pursue?

Education/training/ personal growth

How would you like to grow? What kind of skills would you like to develop? What would you like to know more about?

Employment/career

What kind of work is valuable to you? What qualities do you want to bring as an employee? What kind of work relationships would you like to build?

Below is a list of general value categories, and some specific values that are common in each. See if any of them fit you, and use this page to fill out the values rating sheet on the next page.

Family relations

- Work on current relationships
- Spend time with family
- Take an active role in raising my children
- Maintain consistent healthy communication

Marriage/couples/intimate relationships

- Establish a sense of safety and trust
- Give and receive affection
- Spend quality time with my partner
- Show my partner how much I appreciate them

Friendships/Social Relationships

- End destructive relationships
- Reach out for new relationships
- Feel a sense of belonging
- Have and keep close friends
- Spend time with friends
- Have people to do things with

Mental/Emotional health

- Seek fun and things that give me pleasure
- Have free time
- Be independent and take care of myself
- Challenge my negative thinking
- Make my own decisions
- Engage in therapy
- Take my medications
- Stay active

Physical well-being

- Live in secure and safe surroundings
- Engage in regular exercise
- Have a steady income to meet physical needs
- Eat foods that are nourishing to my body
- Maintain a balance between rest and activity
- Get enough sleep

Citizenship/Community

- Contribute to the larger community
- Help people in need
- Improve society
- Be committed to a cause or group that has a larger purpose
- Make sacrifices for others

Spirituality

- Follow traditions and customs
- Live according to spiritual principles
- Practice my religion or faith
- Grow in understanding myself, my personal calling, and life's purpose
- Discern the will of God
- Find meaning in life
- Develop a personal philosophy of life
- Spend time in nature
- Focus on the greater good

Education/Training/Personal Growth

- Be involved in undertakings I believe personally are significant
- Try new and different things in life
- Learn new things
- Be daring and seek adventure
- Have an exciting life
- Learn to do challenging things that help me grow as a person

Employment

- Be powerful and able to influence others, have authority
- Make important decisions that affect the organization
- Be a leader
- Make a great deal of money
- Be respected by others
- Be seen by others as successful, be ambitious
- Become well-known, obtain recognition and status
- Be productive, work hard
- Achieve significant goals
- Enjoy the work I do
- Do what I'm told and follow the rules

Values Rating Sheet

Based on personal exploration, write a summary of your values. For example, "to live a healthy life and take care of my body" (physical well-being), or "to be a good friend to people who need me, and to enjoy time with people I love"(friendships).

Rate each domain for how important it is to you from 0-10 (0 = not important, 10 = extremely important).

Remember: values are not internal states, how people treat us, or specific things to achieve.

Physical well-being

Family relationships

Intimate Relationships

Citizenship/Community

Mental/Emotional Health



Spirituality

Other?

Friendships/social relations

Hobbies/Recreation

Education/training/
personal growth

Employment/career

Translating Values into Activities...

The next step is to translate our values into activities that help us fulfill on those goals.

Take a moment to think about the values that you identified on the previous page. What are some short term goals in each area? What are some long term goals? Use this page and the next to start to brainstorm. Write down your results on the upcoming page: "Values, Pleasure, and Mastery Master List."

VALUE

ACTIVITIES

Example:

Personal Growth

I want to be actively getting better every day. I want to embrace new things that challenge me and surround myself with people and things that help me to be my best.



I'm going to read a book or listen to a podcast for 15 minutes a day and talk about it with a friend or family member.



VALUES

What are your core values? How do your values drive your actions?

Instructions:

Listed below are 50 values. Read through the list. When you find a value that is important to you, circle it. Next, condense the circled list to the 10 values that most describe you. Finally, reflect on the meaning of each of these 10 values, and ask yourself if they are congruent with the choices you make and the actions you take on a daily basis. If so, great! Keep it up! If not, look at how you may create a life of greater integrity and happiness! Enjoy!

ACCEPTANCE To be accepted as I am	ECOLOGY To live in harmony with and protect the environment	INNER PEACE To experience personal peace	RESPONSIBILITY To make and carry out important decisions
ACCURACY To be correct in my opinions and actions	FAME To be known and recognized	INTIMACY To share my innermost experience with others	RISK To take risks and chances
ACHIEVEMENT To accomplish and achieve	FAMILY To have a happy, loving family	JUSTICE To promote equal and fair treatment for all	ROMANCE To have intense, exciting love in my life
ADVENTURE To have new and exciting experiences	FLEXIBILITY To adjust to new or unusual situations easily	KNOWLEDGE To learn and possess valuable knowledge	SAFETY To be safe and secure
ATTRACTIVENESS To be physically attractive	FORGIVENESS To be forgiving of others	LEISURE To make time to relax and enjoy	SELF-ACCEPTANCE To like myself as I am
AUTHORITY To be in charge of others	FRIENDS To have close, supportive friends	LOGIC To live rationally and sensibly	SELF-CONTROL To be self-disciplined and govern my own activities
AUTONOMY To be self-determining and independent	FUN To play and have fun	LOVED To be loved by those close to me	SELF-ESTEEM To feel positive about myself
BEAUTY To appreciate beauty around us	GENEROSITY To give what I have to others	LOVING To give love to others	SELF-KNOWLEDGE To have a deep, honest understanding of myself
CARING To take care of others	GENUINENESS To behave in a manner that is true to who I am	MASTERY To be competent in my everyday activities	SERVICE To be of service to others
COMFORT To have a pleasant, enjoyable life	GRATITUDE To remember what I appreciate	MODERATION To avoid excess and find a middle ground	SEXUALITY To have an active and satisfying sex life
COMMITMENT To make a long-lasting and deep commitment to another person	GROWTH To keep changing and growing	MAKING A DIFFERENCE To have one close, loving relationship	SIMPLICITY To live life simply, with minimal needs
COMPASSION To feel and show concern for others	HEALTH To be physically well and healthy	ORDERLINESS To have a life that is well-ordered and organized	SPIRITUALITY To grow spiritually
COMPLEXITY To have a life full of variety and change	HELPFULNESS To be helpful to others	PLEASURE To have experiences that feel good	STABILITY To have a life that stays fairly consistent
CONTRIBUTION To make a contribution that will last after I am gone	HONESTY To be truthful and genuine	POPULARITY To be well-liked by many people	STRENGTH To be physically/emotionally strong
COURTESY To be polite and considerate to others	HUMILITY To be modest and unassuming	POWER To have control over others	TOLERANCE To accept and respect those different from me
CREATIVITY To have new and original ideas	HUMOR To see the humorous side of myself and the world	PURPOSE To have meaning and direction in life	VIRTUE To live a morally pure and excellent life
DEPENDABILITY To be reliable and trustworthy	INDEPENDENCE To be free from depending on others	REALISM To see and act realistically and practically	WEALTH To have plenty of money
DUTY To carry out my duties and responsibilities	INDUSTRY To work hard and well at my life tasks		

Source: Miller, W.R., C'deBaca, J., & Matthews, D.B. (1994). Values Card Sort. Unpublished manuscript: University of New Mexico.

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VALUES-BASED LIVING

1. What are some of your top values?
2. How do these values guide your words and actions?
3. How do you feel when you make choices aligned with your values versus times when you don't?
4. What changes would you like to make with any actions out of alignment with your values?