

Defining what matters to me

What values do I have?

Yes or No?	It is important for me to have and/or display these in my life	Score 1 to 10
	A sense of achievement, success	
	To be accepted	
	To be held accountable, hold others accountable	
	To have or create adventure; exploration	
	To have or create beauty	
	To be affiliated or create affiliation	
	To be or expect from others authenticity/integrity/honesty	
	To have or be perceived to have authority or offer others authority	
	To have or be perceived to have autonomy or offer others autonomy	
	To strive for balance in one's life or to help create balance for others or the world	
	Seeking to overcome challenges in own life or help others or the world overcome challenges	
	To show and have a commitment to something that is important or help others develop a sense of commitment to an important cause/issue/institution	
	To experience or create a sense of community for self or others, being a part of a community	
	To experience a sense of companionship, show or help create companionship for others, teach companionship to others	
	To embody compassion, teach or show others compassion	
	To feel or show competence, teach other competence and help others feel a sense of competence	
	To be a part of conserving something important, teaching others, enabling others to conserve something important	
	To have a sense of contribution, teaching others to have that sense, enabling others to contribute to important issue/cause	
	To experience a sense of control/power. Help others to feel a sense of power/control, teaching others.	
	To experience own creativity, use creativity, enjoy creativity, enable creativity, teach creativity	
	To have emotional awareness, enable it in others, teaching it, experiencing it	
	Caring about ethics and morality, enabling it, teaching it, enforcing it	
	Experiencing/having a sense of family, teaching the importance of the value, enabling others to appreciate it etc.	

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Go through this list and add to the bottom if you are missing words or concepts. First use column A to mark the ones that are most important to you using an "X". Then use column D to assign a score the ones you have selected. Use a 1 for less important and a 10 for most important. Once you have completed this exercise review the ones with the highest scores in column D. They are most likely your highest values. And feel free to reward any that seem related, but not quite right. work it until it feels right to you on an emotional level as well as a mental level.

Yes
or
No?

Score 1
to 10

	To enjoy financial security, create that for others, enable others to do it for themselves, advocate the benefits and how to achieve it.	
	To have a life or lifestyle that is about being flexible, helping others be more flexible, teaching flexibility, advocating flexibility	
	Appreciating freedom, advocating and working with others to achieve more freedom.	
	Having a high sense of fun in one's lifestyle, helping others achieve a sense of fun, enabling more fun in a community/group	
	Having a sense of global responsibility; advocating and teaching others to have a higher sense of global responsibility.	
	Appreciating and experiencing harmony in one's life, enabling harmony in one's surroundings or in the life of others.	
	Experiencing health and a fit body, fit lifestyle. Inspiring health and fitness in the life of others, Advocating the benefits and motivation for having a healthy and fit lifestyle	
	Having a life of helping others, leading those who are helping others, teaching others how to help others, advocating the lifestyle of helping others	
	Having the experience of a good homelife, an elegant home, a warm home, a comfortable home, providing a good home for others	
	Valuing honesty in one's own life, in those who wish to be close to you, advocating/teaching the moral side of living an honest life	
	Valuing a humble attitude in life, advocating/teaching how to live a life of humility and with a humble attitude.	
	Appreciating humor and having a good sense of humor in one's life, teaching and inspiring others to do the same, entertaining others in this way	
	Experiencing joy and creating joy in the life of others.	
	Having the wish to create kindness in the life of others, experiencing it in one's own life, teaching others how to live a life of kindness.	
	Leading others and teaching others to lead	
	Experiencing a life of continuous learning, creating learning for others, motivating others to continuously learning	
	Experiencing love in one's life, loving others, teaching others to love	
	Having the wish to be a good parent, experience a great parenthood, showing/teaching others to be good parents.	
	Striving for experiencing peace in one's life, motivating/teaching others to strive for a peaceful lifestyle	
	Living a purposeful life, helping/teaching others to live a purposeful life	
	Making respect for others a highly important part of your life, showing respect for yourself and others in your conduct	
	Making your religious faith/spirituality an important part of your life, teaching others to believe as you do	
	Nurturing others, teaching others how to live a nurturing life	

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Score 1
to 10

<input type="checkbox"/>	Making personal growth an important aspect of one's life, inspiring and reach others to focus on personal growth	<input type="text"/>
<input type="checkbox"/>	Making risk-taking an important focus in one's life, participating in high risk behaviors and choices	<input type="text"/>
<input type="checkbox"/>	Striving for a life of security, teaching/inspiring others to value security	<input type="text"/>
<input type="checkbox"/>	Making self-care an important part of one's life, taking responsibility for own well-being, teaching others to value caring for and owning responsibility for self-care	<input type="text"/>
<input type="checkbox"/>	Valuing one's social status in life, striving to make social status an objective of one's endeavours	<input type="text"/>
<input type="checkbox"/>	Making socializing and being around people a high priority, teaching others to do the same	<input type="text"/>
<input type="checkbox"/>	Having a life or lifestyle that is structured in a comfortable way, helping/teaching/inspiring/motivating others do the same	<input type="text"/>
<input type="checkbox"/>	Having a life that is filled with teachings/teaching. Practicing teaching	<input type="text"/>
<input type="checkbox"/>	Team work is a high importance, being part of a team, leading a team, teaching/helping teams to function well	<input type="text"/>
<input type="checkbox"/>	Tolerance is a high priority. Experiencing it, teaching it, motivating others	<input type="text"/>
<input type="checkbox"/>	Traditional values/traditional life style is of high importance (practicing it, teaching it etc)	<input type="text"/>
<input type="checkbox"/>	Strive for wholeness - lifestyle, life choices. Inspiring/teaching others/advocating the principle.	<input type="text"/>
<input type="checkbox"/>	Aim to gather, display, teach wisdom in one's life.	<input type="text"/>
<input type="checkbox"/>	Making a successful career a high priority. Focus, time, further learning/education, network etc.	<input type="text"/>
<input type="checkbox"/>	Having a life with a lot of variety, creating variety, inspiring/teaching others to have a life with a lot of variety	<input type="text"/>