

Values

Dictionary: A person's principles or standards of behavior; one's judgment of what is important in life.

This exercise is designed to be a lifelong tool. This kind of self-reflection work is never done. This worksheet provides you the framework to become more self-aware and begin to make real permanent change. That is never a quick process, so take your time. It's also important to remember to be kind to yourself. That's not permission to avoid hard things, but don't be too hard on yourself. Self-awareness hurts sometimes. It won't all be sunshine and rainbows, but understand it's just part of the process and you will be better and stronger in the end.

How to Use This Worksheet

Rules: Step 1 may seem daunting and at first it may be hard to remember to do throughout your day. After a day or two you will drop into a flow and it will become easy. Do not skip this step. Most people learn a tremendous amount about themselves just from step 1. Also, don't change your behavior. It's important to capture the real you so don't alter your behavior because you are tracking. You're the only one who will see this so don't cheating yourself. Steps 2-3 can be done in one sitting or over a few days. Take your time with this and be honest with yourself. Steps 4-5 this is when you take out your daily data. That data is what you will use to fill in these steps.

1. Audit your day. List everything you do from the time you wake up to the time you go to sleep. Do this for a week. Literally write down everything. For example, woke up at 6:00am, went to the bathroom, and brushed my teeth. 6:10am went down stairs and made coffee and prepared the kid's lunches, 6:35am sat on the couch watch the news while scrolling Facebook/Instagram sipping my coffee. 7:10am got dressed for work and woke the kids. Keep this up until you go to bed.

This may seem like a huge task but it's really not that bad once you get into a flow. Use a note taker on your phone and just note the time and the action before you start the task. The goal is to have no gaps in time. You need to get a true account of your time and actions for a week. This will give you the data you will need for the rest of the exercise.

2. List as many of your values as you can think of.

3. For each value assign a priority. Value X is my highest, value Y is second, and so on.

4. For each value write the action(s) you have done from the data you collected in the previous week that supports this value. Not thoughts only actions. It's not uncommon for some values to have no actions for them.

5. For each value write next to the action's frequency and duration of the action(s). So, how often you do the action that supports the value and for how long.

One Value at a Time Worksheet

On the "Value" line below, write down one of your values. Allow yourself to mentally revisit the specific situation that helps you feel this value. Then question the concept in writing, using the following questions and turnarounds. When answering the questions, close your eyes, be still, and witness what appears to you.

Your Value:

Questions:

1. What are my actions supporting this value?

2. How do I feel about myself during the action?

3. What does it mean for my life because I hold this value?

4. What kind of person does it make me because I hold this value?

Creating a Value

Creating a new value is very similar. The phrasing of the questions is different and it's important to visualize and feel how you would be if you held this value. After filling in this sheet read it twice a day until it becomes part of you.

Your Value:

Questions:

1. What actions would be required to support this value?

2. How would I feel about myself during the action?

3. What would it mean for my life if I held this value?

4. What kind of person would it make me if I held this value?

