A list of values

Words to help you put a name to what matters.

Values are the qualities you want to bring to how you live: the kind of person you want to be and what you want to stand for. They are not goals to tick off and not rules you must follow. Circle any that matter to you, then star your top five.

Connection
Loving, caring, loyal, supportive, present, open

Kindness
Compassionate, generous, forgiving, gentle, patient

Honesty
Truthful, sincere, real, trustworthy, fair

Courage
Brave, persistent, willing to be uncomfortable

Growth
Curious, learning, open-minded, creative, self-aware

Contribution
Helpful, useful, giving back, making a difference

Responsibility
Reliable, hard-working, committed, conscientious

Independence
Self-reliant, free, choosing my own way

Fun
Playful, humorous, adventurous, spontaneous

Health
Looking after my body and mind, active, rested

Respect
For myself, for others, for difference

Calm
Peaceful, accepting, simple, unhurried

Fairness
Just, equal, standing up for others

Skill
Doing things well, mastering a craft, excellence

Spirituality
Faith, meaning, connection with something larger

My top five

The one I am living most fully at the moment

The one I most want to bring more of into my life

There are no right answers. If you find yourself choosing what you think you should value, pause and ask what you would choose if nobody ever knew.

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What matters to me, area by area

The kind of person you want to be in each part of your life.

Name _____ Date _____

For each area, write a few words about how you want to behave and what you want to stand for. Not what you want to get or how you want to feel. Skip any area that does not matter to you. Then rate how important it is, and how closely your actions have matched it lately.

Area	The kind of person I want to be here	Importance (0 to 10)	Living it (0 to 10)
Partner or intimate relationship			
Parenting and family			
Friends and community			
Work, study or contribution			
Health and body			
Fun, rest and creativity			
Growth, learning or spirituality			

Where is the biggest gap between importance and how I am living?

One small thing I could do this week to close it a little

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