

## Defining Values Exercise

When we are living and leading aligned with our values, we feel more certain, grounded, and clear on what we want to do or achieve. Values help us make decisions and prioritize. The following worksheet will help you define your values. For additional guidance and context, see [Planting Trees Now, Part 2](#).

1. Reflect on the following:

Question	Response
Describe a “peak experience”. This is a time when you felt the most alive or content.	
Think about three to four people who inspire you. What about them is inspiring?	
When have you been most proud? What initiated the pride and what impact did your actions have?	
Consider a time when you were frustrated or upset. What was going on? What values might be suppressed in this situation?	

2. Review your responses above and look for themes. There will be more than one. Likely, you will see a few themes emerge. Write some notes here:

3. Review the list of values below and circle 10 that are most central to your satisfaction and success in life and work. Consult the reflection exercise on page 1 and consider the themes identified.

Accuracy	Cooperation	Humor	Reliability
Achievement	Courtesy	Intelligence	Religion
Adventure	Curiosity	Justice	Responsibility
Agility	Creativity	Knowledge	Risk
Authority	Dependability	Learning	Safety
Autonomy	Duty	Mastery	Service
Beauty	Fairness	Moderation	Simplicity
Caring	Freedom	Openness	Spirituality
Challenge	Friendship	Order	Stability
Change	Fun	Passion	Tolerance
Comfort	Generosity	Peace	Tradition
Compassion	Genuineness	Power	Trustworthiness
Connection	Growth	Predictability	Wealth
Contribution	Helpfulness	Purpose	Wisdom

4. Note your list of 10 values here:
5. Consider your list of 10 values and pick three that are most essential to your fulfillment. Note them here:
6. Score your top three values on a scale of 1-10. 1 = Not living or working within this value at all, 10 = living and working within this value every day.
- 1) \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10
- 2) \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10
- 3) \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10
7. Review your scores in question 6 and answer the following:
- What value is strongest and what activities do you engage in or relationships do you have that support this value? (Example: Connection and fun are values. Weekly Zoom calls with a close friend have supported this value.)
  - What value is weakest and what activities do you engage in or relationships do you have that hold you back from this value? (Example: Learning may be a value and reading leadership articles and books is a way to express that value but social media and/or Netflix gets in the way.)
  - What actions will you take to shift your lowest score up 2- 3 points?