

Mental Fitness Life Design: Values Worksheet #1



WORKSHEET

How To Elicit Your Core Values and Rank Them in Priority.

1. Choose a quadrant of your life to focus this question.
(career, health, relationship, family).
2. Ask the question
3. Ask the question again. Repeat. Repeat.
4. List your answers.
5. Rank your answers #1 through #6.

What's most important to me in _____ ?

Example: What's important to you about a career?

Example: What's important to you about a relationships?

What else is most important to me in _____ ?

Example: What else is important to me about a career?

Brainstorm at least 10 words that come to mind:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Here are some common words that represent common values among client who have done this exercise in the past

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Some Common Values

(Feel free to choose one of these or use the word that makes most sense to you.)

Achieving	Adventure	Career
Comfort	Contribution	Creativity
Freedom	Friendship	Fun
Happiness	Investment	Making Money
Health	Helping Others	Honesty
Intimacy	Knowledge	Love
Learning	Growing	Making a difference
Passion	Power	Respect
Security	Spirituality	Strength/vitality
Success	Wealth	Fairness

Ask this same question until you have 6-20 words that resonate as true.

Now, this question will guide you to rank the value of each emotion from highest to lowest.

What has been most important to you, _____ or _____?

Example: What is more important in a career.... Security or Teamwork?

The ranking part is very important because whatever is #1 is going to more attention than the value at #6. What gets more attention, gets more priority in all your choices of time, money, effort, etc.

So, once you choose your top 4-6 values from the list of all the values that you brainstormed... rank them in order of MUST HAVE versus WANT TO HAVE.

Quadrant _____

- #1 _____
- #2 _____
- #3 _____
- #4 _____
- #5 _____
- #6 _____

Fill out this section about your Moving Toward and Moving Away Values after you have watched all the videos in this section.

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How To Elicit Your “Moving Away From” Values

The resulting list will be your primary “moving away from” values.

What have been the feelings or emotions you would do almost anything to avoid having to feel?

Once you have your list, rank them in order.

Would you do more to avoid feeling _____ or _____?

(Which would you do more to avoid having to feel?)

Keep asking the above question until you have ranked them in order of highest rank to lowest rank.

Here are some common moving away from values:

Frustration, anger, depression, humiliation, criticism, embarrassment, failure, sadness, empathy, shame, guilt, physical pain, etc.

List some common moving away from emotions below. Just brainstorm.

On the next page, rank them in order of strongest to weakest moving away from value.

My Top 6 Moving Toward Values in _____ are:

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#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

My Top 6 Moving Away From Values in _____ are:

Quadrant _____

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

Now, save this worksheet and bring it to the next live workshop on the topic of Core Values & Your Mission Statement