

## Identify your values

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*Answer the following questions to discover your values. This exercise will reveal what your values really are and have been in your life. Revealing your values may prompt you to change or may clarify what is important to you in a way you haven't seen before. Maybe both.*

1. *What do you spend your money on?*
2. *What is important to you about what you spend your money on?*
3. *What is important to you about how you spend your money?*
4. *How do you get what you need to survive?*
5. *What is important to you about how you get what you need to survive?*
6. *What are the qualities of the people who you admire or like to be around?*  
*I admire \_\_\_\_\_ because \_\_\_\_\_.*

7. *How do you like to spend your free time including days off and vacations?*

8. *What is (or would be) on your bucket list?*

9. *What is important to you about each item on your bucket list?*

10. *What qualities do you possess that you are most proud of?*

11. *When are you the happiest?*

*Based on your answers to the above questions, identify your top 5 values. For each of the above answers to these 11 questions, what is important to you? What value makes this important.*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

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*For a list of 500 core values to help you identify yours, go to <http://www.threadsculture.com/blog/company-culture/core-values-list-threads/>.*

*A. What are your top 3 to 5 values?*

1.

2.

3.

4.

5.

*B. If you were honest with your answers and about the values that they reflect, you have captured what is actually of value to you. How do you feel about these values?*



*C. If you could shift any of these values, what would change? List your aspirational values below. What values would you like your life to reflect?*

1.

2.

3.

4.

5.

*D. Look at your aspirational values again. Describe what each of these values mean to you. For example, if "honesty" is one of your values, what does that mean to you? Does it mean that you tell the truth? That you are transparent? That you are open? Include verbs in your description to describe how this value influences the actions you take and the decisions you make.*

*What do your values mean to you?*

1.

2.

3.

4.

5.

*These values may evolve over time as you use them to guide your decisions moving forward. Use this list to guide you when problem solving or when dealing with difficult decisions.*