

VALUES

In All Areas of Our Lives



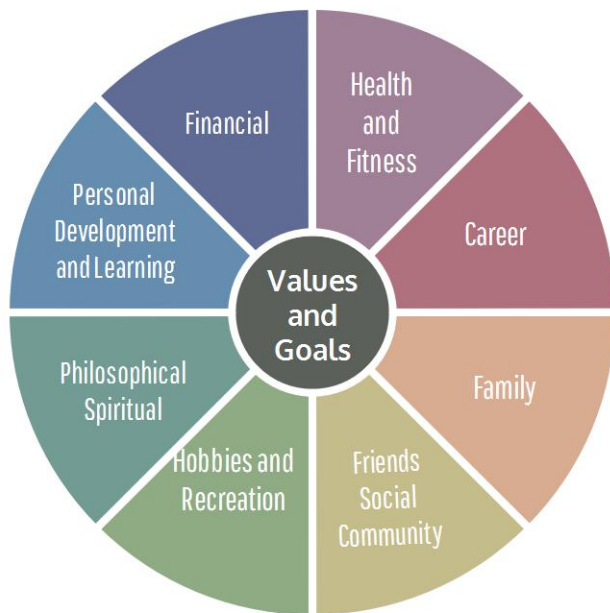
VALUES ARE DEFINED AS
WHAT IS IMPORTANT TO US
IN OUR LIVES



OUR VALUES DRIVE ALL
OF OUR BEHAVIORS AND
DETERMINE WHAT WE DO



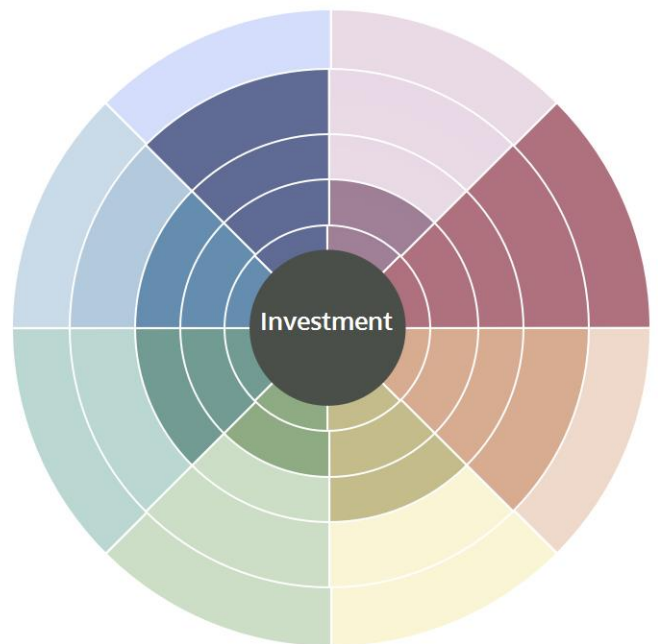
UNDERSTANDING VALUES
IMPROVES YOUR
COMMUNICATION



WHEN YOUR VALUES ARE CLEAR TO YOU,
MAKING DECISIONS
BECOMES easier

Roy E. Disney

ACCORDING TO STANFORD UNIVERSITY RESEARCH,
WRITING ABOUT YOUR VALUES IS
“ ONE OF THE MOST EFFECTIVE
PSYCHOLOGICAL INTERVENTIONS
EVER STUDIED. ”



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Intention Exercise

What do you hope to learn from today's workshop?

What are the things that you do? Where do you spend the majority of your time?

Of the things you do, put them in one of the following categories:

Things you do that energize you

Things you do that take energy away

Values Exercise

From the options below, pick an area of your life where you have the most opportunity for growth and change:

CAREER	FAMILY	PERSONAL DEVELOPMENT & LEARNING	HEALTH & FITNESS
FINANCIAL	FRIENDS / SOCIAL COMMUNITY	PHILOSOPHICAL SPIRITUAL	HOBBIES & RECREATION

- Column 2 – With a word or short phrase, ask yourself: “What is important to me about _____?”
List the value words in this column.
- Column 1 – After you have listed your values, number them in order of importance.
- Column 3 – Re-write the list in order of importance
- Column 4 - Enter a T or A
T = Moving toward that value; living this value consistently
A= Moving away from the value; not living this value consistently

Order (#)	VALUES IN THE AREA OF: _____	RE-WRITE THE LIST IN ORDER OF IMPORTANCE	TOWARD OR AWAY (T or A)

What changes and actions do you want to make to live with more passion and energy?

Write out 1-2 action steps you will take to improve in this area of your life based on what you value.
