

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**I have the following values:**

Value	This value can/should be seen in the daily choices of my life like this:	
Importance for me		
Success today		
Importance for me		
Success today		
Importance for me		
Success today		
Importance for me		
Success today		
Importance for me		
Success today		

Ideas (but don't let these limit your choices):

**Values:**

**Power** authority, leadership, dominance **Achievement** success, capability, ambition, influence, intelligence, self-respect  
**Hedonism** pleasure, enjoying life **Stimulation** daring activities, varied life, exciting life **Self-direction** creativity, freedom, independence, curiosity, choosing your own goals **Universalism** broadmindedness, wisdom, social justice, equality, a world at peace, a world of beauty, unity with nature, protecting the environment, inner harmony **Benevolence** helpfulness, honesty, forgiveness, loyalty, responsibility, friendship **Tradition** accepting one's portion in life, humility, devoutness, respect for tradition, moderation **Conformity** self-discipline, obedience **Security** cleanliness, family security, national security, stability of social order, reciprocation of favors, health, sense of belonging

**Different roles we have:**

spouse, mother/father, son/daughter, boss, employee, colleague, football trainer, etc.

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Instructions: Choose 4-6 most important values for you. Evaluate their importance using numbers on a scale from 1-5. Then evaluate how you live up to them today by putting a second number in the "Success today" box (same scale). Next, give practical examples of how you carry out (or would want to carry out) these values in your life. Thinking in roles might help, but is not imperative. If you have a big gap between an internal value and how you express that value in real life, first reconsider the value. However, if it really is important, why not add a change initiative as an annual goal. Change is slow.