

Happy New Year!!! 2014

Attaching two pages for anyone who wishes to use them to take a new year inventory of their values and develop a brief plan (goal) to put them to work toward a more functional life.

I pray this exercise serves you well.

Be blessed.

Core Values Assessment

Rate the values from 1 - 5 according to their value to you.

1. Essential 2. Important 3. Somewhat important
4. Not important 5. Doesn't apply

Integrity	1	2	3	4	5
Courage	1	2	3	4	5
Diversity	1	2	3	4	5
Security	1	2	3	4	5
Wisdom	1	2	3	4	5
Peace	1	2	3	4	5
Power	1	2	3	4	5
Challenge	1	2	3	4	5
Creativity	1	2	3	4	5
Prosperity	1	2	3	4	5
Spirituality	1	2	3	4	5
Success	1	2	3	4	5
Personal Vision	1	2	3	4	5
Teamwork	1	2	3	4	5
Harmony	1	2	3	4	5
Respect	1	2	3	4	5
Change	1	2	3	4	5
Belonging	1	2	3	4	5
Communication	1	2	3	4	5
Well-Being	1	2	3	4	5
Knowledge	1	2	3	4	5
Love	1	2	3	4	5
Joy	1	2	3	4	5
Gratitude	1	2	3	4	5
Intuition	1	2	3	4	5
Service	1	2	3	4	5
Truth	1	2	3	4	5
Imagination	1	2	3	4	5
Freedom	1	2	3	4	5
Beauty	1	2	3	4	5

Rate the values from 1 - 5 according to their value to you.					
1. Essential 2. Important 3. Somewhat important					
4. Not important 5. Doesn't apply					
Compassion	1	2	3	4	5
Nature	1	2	3	4	5
Risk Taking	1	2	3	4	5
Family	1	2	3	4	5
Authenticity	1	2	3	4	5
Faith	1	2	3	4	5
Orderliness	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Putting My Values to Work in My Life

How would you like to express your values? What are some actions you can take to support your values?

Physical Values :

Action to Take

1.
2.
3.

Mind/Spirit Values:

Action to Take

1.
2.
3.

Relationship Values:

Action to Take

1.
2.
3.

Occupation Values:

Action to Take

1.
2.
3.

Home Study Exercise

Create a daily action plan for your life by completing the form on this page.

Using the Value exercise which you did in class, choose and record one or several values for each area of your life. (For example: Physical Values: well-being, prosperity, nature)

Decide how you can express these values in your daily life and fill in the "Action to Take" steps.

Note: Occupational values are not just about a job. They are about anything which occupies your time on a regular basis.