

Worksheet # 1 – “The Concept of Value”

Give a response to each of the following three questions.

1

What would you buy if you suddenly had an extra \$500 and had to spend it within the next 24 hours?

2

If your home was on fire and you could save three things, what objects would you save?

3

If you could change one thing about the world, what would you change?

4

If you had all the time in the world, and you could spend more time on one thing, what would it be?



Your responses:

Worksheet # 2 – “A World of Values”

In the circle below, take notes during the following mini-lecture. Your notes should include key points you feel most strongly about. When the lecture is done, you may be asked to identify what stood out the most for you.



Worksheet # 3 – “Values Auction”

1. Review the eight values below, which are all up for bid in this auction.
2. Place a checkmark beside the values you would like to bid on, then rank in importance from high to low (“1” as highest)
3. With a maximum of \$10,000 to spend in total, indicate highest amount you will bid for each value.
4. Bid on the values following the auction guidelines you are given.

✓ Values to Bid On	Rank in importance ("1" as highest)	Auction Item	Highest Amount You Will Bid	Winning Amount	✓ If You Won!
		<i>Honesty</i> - Staying true to oneself by telling the truth. Honest people are often straight, upright, sincere and fair.			
		<i>Respect</i> - A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.			
		<i>Integrity</i> - Adhering to strong moral principles. Acting with honesty and honor, not compromising the truth.			
		<i>Commitment</i> - A promise made and an expectation we have created. Commitment shows loyalty, bravery and tenacity as well.			
		<i>Gratitude</i> - A grateful heart helps to see the abundance in life and expresses thankfulness.			
		<i>Sacrifice</i> - Putting someone else’s needs before your own. Surrendering something prized or desirable for something higher and more noble.			
		<i>Beauty</i> - Quality present in a thing or person that gives deep satisfaction to the mind. Having something resonate with personal meaning.			
		<i>Trustworthy</i> - Dependable and reliable. Deserving of confidence.			

5. After the auction is over, in the space below, write down *five* values that you feel are most important:

Worksheet # 4 – “Time Choices - Part I”

Part I.

1. Quickly review the 26 time activities listed below. Indicate with a checkmark all those activities you spend your time on because they are important. No need to rank them. Also, don't mark what you would like to be true, but what is currently true in how you are spending your time.

1. My physical appearance	14. Creating a financially comfortable life
2. Gaining political power	15. Accomplishing something worthwhile
3. Being known as an honest, “real” person	16. Securing a positive family life
4. A meaningful relationship	17. Traveling
5. Personal, mental growth	18. Enjoying fine foods
6. Enjoyment of nature and beauty	19. Entertainment, recreational, cultural opportunities
7. Learning and gaining knowledge	20. Having a lovely, comfortable home
8. Helping the sick and disadvantaged	21. Developing my creativity
9. Outings with close friends	22. To be needed and to be important to others
10. A health-filled life	23. Being a good parent
11. A meaningful relationship with God	24. Having a better relationship with family members
12. My marriage	25. Giving of myself in helping others
13. My career	26. Creating a safe environment

2. After, in the space below, write down the *five* time activities from above that you feel are most important. Again, no need to rank. Include the time activities' corresponding number. See the example below:

e. g. “13. My career”

Worksheet # 4 – “Time Choices – Part II”

Part II.

- When you have identified the five time activities that are most important to you, refer to the “Values Chart” below. Circle the number associated with each of your five most important time activities. This will then identify the value(s) associated with that time activity. For example, the number “13” for “My career” indicates that this activity is associated with values of “Fulfillment, Intellectual and Vocational achievement.”

VALUES CHART	
Number associated with activity	Possible Values
3	Honesty; Integrity
6, 21	Artistic appreciation
5, 7	Education; Intelligence; Wisdom
8, 25	(Altruism) Compassion; Fairness; Justice
1	Appearance; Beauty; Approval
4, 9, 22	Love; Friendship; Personal closeness
10, 26	Physical health; Personal safety; Security
11	Religion; Spirituality
12, 16, 23, 24	Family; Love; Emotional security
13, 15	Fulfillment; Intellectual and vocational achievement
14, 20	Financial security; Money; Status
17, 18, 19	Pleasure; Travel; Material satisfaction
2	Power; Achievement

- After, in the space below, choose *five* values uncovered in the above exercise that you feel are most important to you. See the example below:

e. g. “Fulfillment”

Worksheet # 5 – “My Value System”

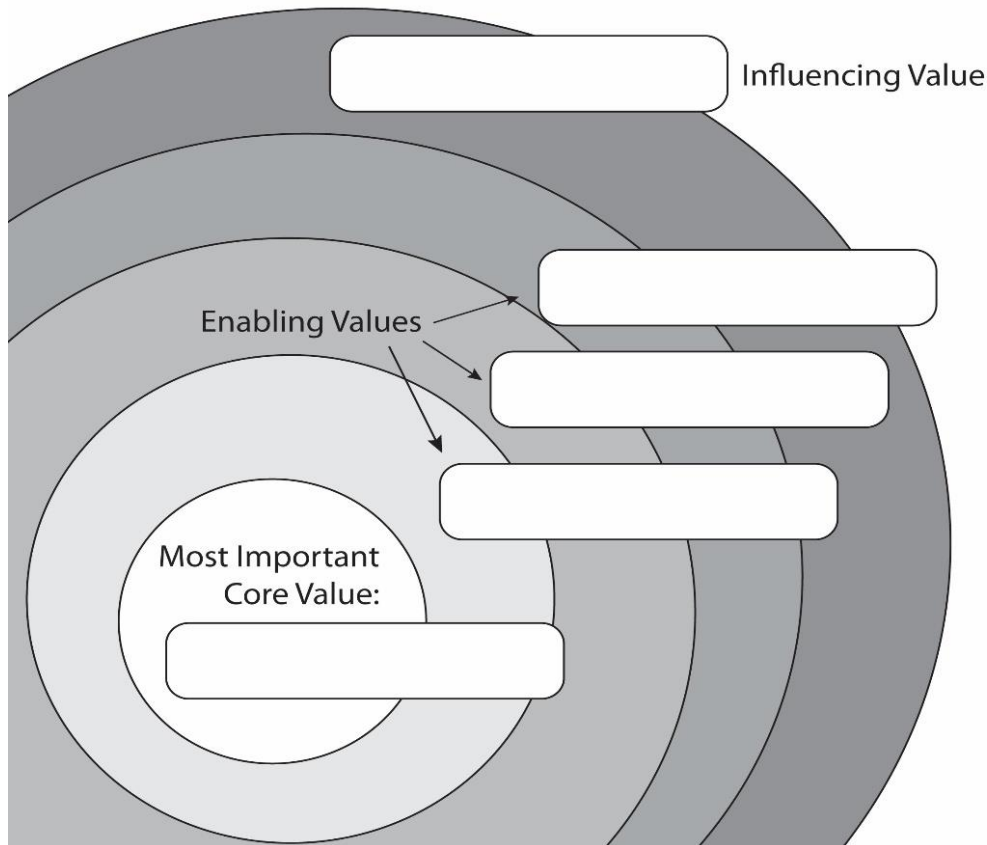
Our Value System governs the way we conduct ourselves in all of our life choices. A Value System is created with five values identified according to the following guidelines: 1) Your most important Core Value, 2) Three critical Enabling Values, and 3) Your most important Influencing Value. To create your Value System, follow these two steps:

Step 1. From Worksheet #3 – “Values Auction” and Worksheet #4 – “Time Choices,” write down in the spaces below the most important values you listed at the bottom of each worksheet. In all, you should have ten values that were identified, five from each exercise.

Five Most Important values identified in the “Values Auction” exercise.

Five Most Important values identified in the “Time Choices” exercise.

Step 2. From the ten values listed above, fill in the Value System diagram below, **starting from the center and working out.** Refer to the definitions next to the diagram, if needed.

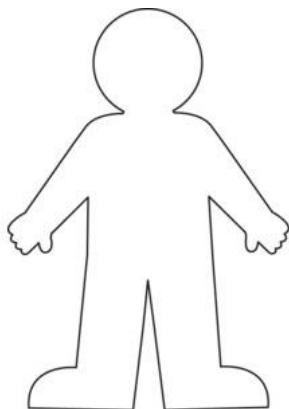


Most Important Core Value –
The one value that would be at the core of who you are. This is the value at the center of all that you believe and how you conduct yourself. This value can never be compromised.

Enabling Values –
The values that are most critical in helping you reach your life goals. Without these values, you would flounder.

Influencing Value –
The one value that can most effectively help you influence and successfully interact with the world around you.

Worksheet # 6 – “Conscious of My Values”



The root of the word ‘incorporate’ is the Latin word “corpus,” which means body. Your values must become physical within you. Without your values “getting into your bones” they remain lifeless abstractions.

So how can you give them more presence in your life? How can you have them show up in concrete, tangible ways? Any way you can make the words more concrete and relevant to you will work.

The best outcome is available to you when you are conscious of your core values while you are reflecting on a course of action.

Select one of the following five ways to incorporate your core values into your life once this training is over:

✓ You’ll incorporate through...

Read your core values daily – Read them over every morning, like checking a compass before you start walking.

Reflect on your values monthly – think back to the previous month and think about all the times when your values showed up in your life. Did you live them out? Did your choices honor your values, or dishonor them?

Align your goals with your values – Review your life goals. Every goal you have in life should align with your values. If a goal doesn’t, rethink how that goal can be rethought.

Memorize your values – if you take the time to memorize your values, they will be with you always. As words, have them readily available so that every time a decision or choice comes up, your values can be used to clarify the situation.

Create a visual prompt around your values – make sure your core values are visible in the places where you are day to day. Print them out and hang them up where you spend a great deal of your day.
