



VALUES WORKSHEET

What are values?

Values are the things we personally consider to be the most important. Our values help us to decide what to prioritize in our lives and they affect the decisions we make. Values are personally determined, so not only do we all have different sets of values, no one's set is more correct than others'. When we understand our values, we are better able to focus on what's important to us and we can make better choices because we know what to prioritize.

What are my values?

Select the values that are most important to you

- | | | | | | | |
|--|-------------------------------------|------------------------------------|-------------------------------------|---------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Family | <input type="checkbox"/> Wealth | <input type="checkbox"/> Freedom | <input type="checkbox"/> Morals | <input type="checkbox"/> Love | <input type="checkbox"/> Respect | <input type="checkbox"/> Power |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Kindness | <input type="checkbox"/> Calmness | <input type="checkbox"/> Security | <input type="checkbox"/> Fun | <input type="checkbox"/> Recognition | <input type="checkbox"/> Reciprocity |
| <input type="checkbox"/> Nonviolence | <input type="checkbox"/> Honesty | <input type="checkbox"/> Humor | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Peace | <input type="checkbox"/> Beauty | <input type="checkbox"/> Success |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Excellence | <input type="checkbox"/> Stability | <input type="checkbox"/> Wisdom | <input type="checkbox"/> Fairness | <input type="checkbox"/> Creativity | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Autonomy | <input type="checkbox"/> Friends | <input type="checkbox"/> Popularity | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Free Time | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Affection | <input type="checkbox"/> Order | <input type="checkbox"/> Acceptance | <input type="checkbox"/> Justice | <input type="checkbox"/> Responsibility | _____ |

How did I come to value these things?

Our values are usually passed down by family, and the society we live in. Before we explore our own values, let's think about the values of the people who surround us.

My Parent(s) Values they live(d) by	Someone I look up to Values they live(d) by	Society Values they live by	Someone I don't ever want to be like. Values they live(d) by
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Lived values Vs Aspirational values (Parents)

When our values and choices align, we feel good about ourselves. However who we would like to be does not always match with our actions. When this happens, we might feel guilt and shame, especially as parents who want the best for our children.

Some values are difficult to live up to and sometimes other priorities get in the way. Let's explore these

Myself Values I actually live by	Myself Values I will like to live by	My child(ren) Values I want to pass on	My child(ren) Values I don't want to pass on
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Reflection

What does success as a parent look like for me?

Are my daily choices getting me closer, or farther away from my definition of success?

What are the behaviors I disapprove of or dislike in myself? What does this say about my values?

What are the behaviors I disapprove of or dislike in my children? What does this say about their values?

Are my lived values aligned with my aspirational values? What life changes would I need to make for them to align?

What is a value I have now that I did not used to have, or a value that has become more important to me? What life experiences led to this value changing? How does this change affect me now? Do I like the outcome? Can I replicate it?

Do my children need to understand my values? Do they need to develop their own? Am I interested in modeling to them what aligned lived and aspirational values can look like?