

Value Identification Worksheet

Mentoring under Construction, MeetUP #2, 07.02.2024

“Values are a matter of what guides you through every day, every task, every encounter with another human being.”

Richard N. Bolles, What Color is Your Parachute?

Aligning your activities with your values increase your motivation and it is more likely to reach your learning goals, accomplish things and to make sure that you stay on track. Here is suggestions how to work on values and use them for setting goals and planning activities.

Instructions

- Read through the list of values below
- Mark the values that resonate with you.
- Feel free to add any values that are not listed.
- Narrow down your list to 5-10 values that are most important to you.

List of Values		
<input type="checkbox"/> Honesty	<input type="checkbox"/> Creativity	<input type="checkbox"/> Learning
<input type="checkbox"/> Integrity	<input type="checkbox"/> Independence	<input type="checkbox"/> Health
<input type="checkbox"/> Respect	<input type="checkbox"/> Equality	<input type="checkbox"/> Nature
<input type="checkbox"/> Compassion	<input type="checkbox"/> Justice	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Empathy	<input type="checkbox"/> Freedom	<input type="checkbox"/> Success
<input type="checkbox"/> Accountability	<input type="checkbox"/> Ambition	<input type="checkbox"/> Wealth
<input type="checkbox"/> Courage	<input type="checkbox"/> Happiness	<input type="checkbox"/> Community
<input type="checkbox"/> Perseverance	<input type="checkbox"/> Adventure	<input type="checkbox"/> Fun
<input type="checkbox"/> Loyalty	<input type="checkbox"/> Family	<input type="checkbox"/> Your own ones: ...
<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Friendship	

Reflection

- *Why are these values important to me?*
- *How are these values present in my life right now? (Give some examples!)*
- *How can I incorporate these values into my daily life? (Make a list of activities!)*

(use the table on the next page)

Identify Your 10 Most Important Values

My 10 Most Important Values	Why are these values important to me?	How are these values present in my life right now?	How can I incorporate these values into my daily life?
#1			
#2			
#3			
#4			
#5			
#6			
#7			
#8			
#9			
#10			

Calendar entries: Make space for your activities in your calendar!