



While life roles are the starting point of defining and structuring a life journey, it is personal values that plot out the route.

Decision making, goal planning and being able to move forward must all be defined by your values. If not, you become lost and develop a sense of confusion and fear.

The graphic below lists several words or phrases that could be equated to values. Please select the ten that are most important to you and write them in the spaces provided. Upon first glance many or all of them may seem important. Upon further reflection though, some will become more important than others. You may only select ten.

Trust	Compassion	Education	Spirituality	Free Time
Authenticity	Inner Peace	Patience	Fun	Work
Sincerity	Love	Honesty	Personal Space	Organization
Truth	Integrity	Self-Discipline	Cleanliness	Challenge
Stability	Beauty	Exercise	Tolerance	Respect
Family	Fairness	Health	Freedom	Courtesy
Advancement	Friendship	Cooperation	Loyalty	Dedication
Money	Stamina	Creativity	Hobbies	Achievement
Courage	Helpfulness	Effectiveness	Forgiveness	Fame
Responsibility	Dependability	Ambition	Adventure	Self-Respect
Social Activity	Change	Diversity	Relationships	Closeness to God

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

**Fill in the blanks as you process through the following scenario:**

You've just been diagnosed with an incurable disease and advised you have six months to live. Unwilling to accept this news, you spend the next several weeks searching for a cure.

Hearing of a possible new miracle drug, you fly across the country to obtain it. When you arrive, you're told that just one dose of the drug will provide the relief you seek - in exchange for three of your values. Filled with anticipation of the drug's curing powers, you decide to give up:

\_\_\_\_\_ first, then \_\_\_\_\_ and finally, \_\_\_\_\_. (Select three of the ten you have previously identified.)

You take the drug and wait for your symptoms to disappear and your good health to return. That doesn't happen. A month has passed. You have only four months remaining to live. Reading a magazine one day, you see an advertisement for yet another possible cure. You eagerly pursue this lead, only to discover that this new life-saving possibility will cost you three more of your values. More reluctant this time, and yet still determined, you decide to give up:

\_\_\_\_\_ first, then \_\_\_\_\_ and finally, \_\_\_\_\_. (Select three more of the seven remaining values.)

Discovering weeks later that the "cure" does not heal you, you desperately seek out a naturalist known for his healing powers. He agrees to "counsel" you in exchange for two of your values. You agree to give up: \_\_\_\_\_ first, then \_\_\_\_\_. (Select two more of the four remaining values.)

Filled with new hope, you follow the naturalist's regimen for one month. There is no improvement. Thinking a change in eating habits might reverse your fortunes, you seek out a new diet. You discover that there is a diet which has helped others in your condition. But to find out the details of this diet you must give up another value. Of the two remaining, you chose:

\_\_\_\_\_.

Rank the last remaining value as Number 1 and then list the other nine in descending order - number 10 being the one you gave up first in the story.

- |          |           |
|----------|-----------|
| 1) _____ | 6) _____  |
| 2) _____ | 7) _____  |
| 3) _____ | 8) _____  |
| 4) _____ | 9) _____  |
| 5) _____ | 10) _____ |

Knowing what our core values are offers us a rationale for why we do what we do. They provide a rudder that guides us and a foundation that stabilizes us. Knowing, living and working according to our core values allows us to have "fun" that is rooted in those values and beliefs and contributes to our self-esteem, our peace of mind and our significance.