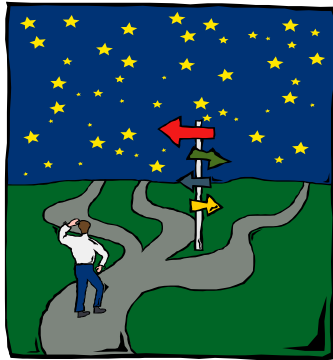


Values Compass Worksheet

A step-by-step method to create your own personal Values Compass



Your values are at the core of who you are. Values influence your actions, decisions, and guide you through life much like a compass guides you during a long hike on a camping trip. To get started creating your Values Compass, ask yourself the question:

What is truly important to me in life?

Use the list below and on the following page to help you identify the values that guide your life. Simply circle the Value words that most appeal, resonate or call out to you. At the end of the list there will be a place to write in any that you feel are important but didn't see in the list. Have fun!

Make Your List

Circle all the words and phrases that represent your values below.

Acceptance

Accomplishment

Achievement

Acknowledgement

Adaptability

Adventure

Affluence

Altruism

Ambition

Attractiveness/ Beauty

Balance

Belonging

Charity

Commitment

Confidence

Conformity

Consistency

Contentment

Control

Courage

Curiosity

Determination

Devotion

Dignity

Directness

Discipline

Diversity

Education	Loyalty	Sacrifice
Equality	Making a difference	Satisfaction
Faith	Open-mindedness	Selflessness
Family	Optimism	Self-reliance
Financial independence	Originality	Solitude
Fun	Passion	Spirituality
Generosity/Giving	Patriotism	Strength
Growth	Perfection	Structure
Happiness	Perseverance	Success
Health	Philanthropy	Support
Honesty	Power	Tradition
Honor	Professionalism	Trust/Trust-worthiness
Hospitality	Prosperity	Truth
Industry	Recognition	Understanding
Integrity	Recreation	Uniqueness
Intelligence/ Knowledge	Refinement	Usefulness
Justice	Reflection	Wealth
Leadership	Relaxation	Winning
Learning	Reliability	Wisdom
Liberty	Religiousness	_____
Love	Respect	_____

Narrow Your List

Now that you have circled words that are meaningful to you, how many do you have? If you have more than 5-8 value words circled, let's narrow the list in the space provided below. A short list makes for a clearer, stronger and more reliable Values Compass at the end of the exercise. You may consider cutting out the marginal values that just barely made your list, or combine multiple values that are related into one group.

Prioritize Your Values

The next step is to prioritize your list. My preferred method of prioritizing my values list is to identify the top value, then the second highest value, and so on until I've rebuilt the whole list in order of priority from the top to the bottom. So you may begin by asking yourself these questions:

Which of these values is truly the most important to me in life? If I could only satisfy one of these values, which one would it be?

The answer to this question is your number one value. Then move down the list and ask which remaining value is the next most important to you, and so on, until you've sorted the whole list in priority order.

Example Prioritized

1. Love
2. Learning
3. Success
4. Health
5. Comfort/Fun

Your Turn

List your values in order of your priority below, and this list will become your Values Compass. Congratulations! So, ask yourself:

What are MY Core Values in order of their importance to ME?

My Core Values = My Values Compass

1. _____
2. _____
3. _____
4. _____
5. _____
- _____
- _____



Two Ways to Utilize Values Compass Right Now

1. **Gaining Clarity** - By rating how much time is spent living according to your Values Compass currently, you can gain clarity your satisfaction within your present life, career and relationships. This will help you know where you are currently and where you want to go in the future.
 - If you are fully living the value to its limit, rate the value as a 10.
 - If you are only living the value some of the time, it might be a 5.
 - If your life is totally out of alignment with respect to the value, it will likely be less than 5.
2. **Making Decisions** – You can also use your Values Compass to support you in your decision making process. As obstacles and opportunities present themselves, you may use the Values Compass to “filter” these matters to make more meaningful and impactful decisions based on your core values, keeping your progress moving in the right direction.

I hope you found this Values Compass exercise beneficial! If you would like to see how this tool fits into the journey of creating the life and career you want and deserve, please contact me, DeAnne Pearson at pearsondeanne@gmail.com.