



Life Domain Values

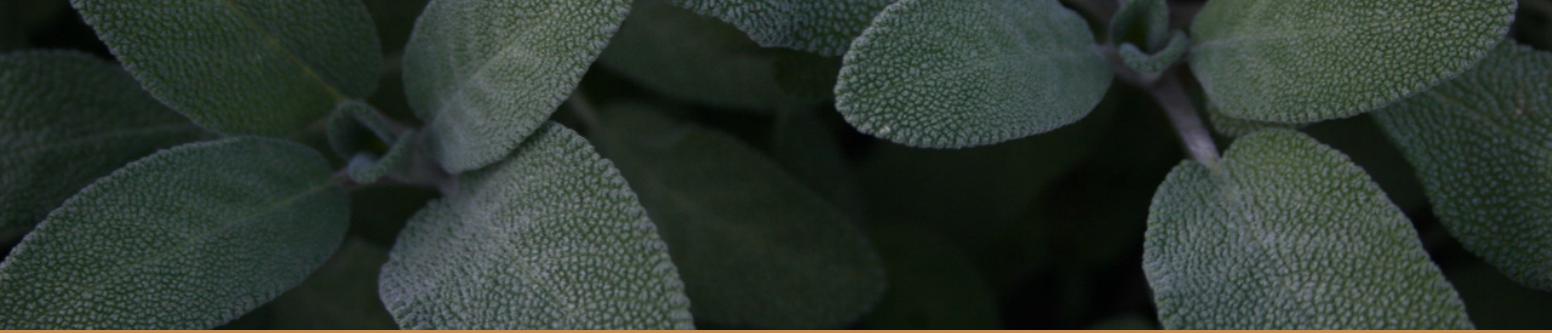
Goals. *They are the things we check-off our to-do list. When they are done, they are done. They are important.*

Values. *They describe how we approach our lives and our actions. They are never done and weave through our life story. They are also important.*

As you think through this exercise, remember there are no right or wrong values. It is not helpful to list societal values you don't agree with or that don't apply. Be true to your own values.

It can be helpful to actually write down your values, as our brains process information in a different way when we get it out of our heads and put it on paper. You can print this worksheet or use what works best for you. As you identify your values, remember that a value is not a feeling (e.g., I want to feel confident in my work). Ask yourself how would you behave differently, what would you do more or less of, how would you interact with someone in a different way if you were aligning with your value?

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1) Relationships

The Relationships you value can include your partner, children, parents, extended family, friends, neighbors, colleagues, and other social contacts of importance to you.

Ask yourself any of the following questions to arrive at your values in this area:

- What sort of relationships do you want to build?
- How do you want to behave in these relationships?
- What personal qualities do you want to develop?
- How would you treat others if you were the "ideal you" in those relationships?
- What sort of ongoing activities do you want to do with some of these people?
- If I did have the sort of partner or friends that I want, how would I behave towards them?



2) Work and Education

The Work and Education you list can include your work environment, your career, ongoing education, skill development, and volunteering.

Ask yourself any of the following questions to arrive at your values in this area:

- What personal qualities would you like to bring to your workplace?
- How would you behave toward your colleagues/clients/boss if you were the "ideal you"?
- What sort of relationships do you want to build in the workplace or in the other areas important to you in this domain?
- How would you show up as a person if your work/life flow aligned with your values?
- What is your leadership style and how do you actively demonstrate this to staff?



3) Personal Growth / Health

The Personal Growth and Health areas you identify may include activities that move you towards ongoing physical, emotional, and mental well-being. Some people think about the following areas: mental health, meditation, yoga, physical activity, spending time outdoors, nutrition, creativity, spirituality or religion, engaging in community activities or politics.

Ask yourself any of the following questions to arrive at your values in this area:

- What ongoing activities would you like to start or resume?
- What groups would you like to join?
- How do you want to show up to these activities when you do participate?
- Why is a particular area important? For example, is physical activity important for cardiovascular health, because it makes you feel good, for longevity, or other reasons?
- What causes or topics spark your excitement, interest, or passion?





4) Leisure

The Leisure activities you value can include how you play or relax, hobbies, sports, fun activities, sports, or other creative, social, or artistic activities.

Ask yourself any of the following questions to arrive at your values in this area:

- What sorts of hobbies, sports, or leisure activities do you want to participate in?
- On an ongoing basis, how do you wish to relax, unwind, or have fun in healthy ways?
- What sorts of activities would you like to take up or do more of?
- How do you want to treat others and yourself during these activities?
- What relationships do these tap into? The relationship with yourself, friends, your partner?
- What does the activity bring you? Knowledge, play, adventure, curiosity, peace?



Rank your values in terms of what is getting the most attention in your life.

- 1.
- 2.
- 3.
- 4.

Would you like to change that ranking? Is it by choice right now? What are the external factors impacting your order?

Identify one value area you would like to focus on and one small movement you can make in your life to move you towards that value. Write your idea below and any additional thoughts on your value order.

