

Personal Values Worksheet

“Seek fulfillment more than happiness. Happiness fades quickly, but fulfillment lasts.”

-Positively Dave

You can achieve all of your goals and still not feel fulfilled. Conversely, you can fail to achieve any of your goals and still feel fulfilled in life. Fulfillment and reaching goals are not the same thing.

Fulfillment is only felt when one has acted in accordance with their highest personal values. Understanding your personal core values is critical to feeling greater levels of fulfillment in life. Establishing your most important values will offer you a decision-making model that, when used, is *guaranteed* to result greater fulfillment in your life. This activity will help you establish your most important personal values.

What is most important is that you finish the activity. You will be tempted to over analyze and overthink. Do not get stuck here. Push yourself and proceed until finished no matter how difficult it gets. This is the entire point of the activity. It mimics life. Life decisions are tough, sometimes impossibly difficult. This activity will provide you with an understanding of what values you can choose in those moments so that you live a life of greater fulfillment.

This activity should be completed in 15 minutes or less.

Part 1 (5 minutes) – Set a timer for 5 minutes and respond to the following questions the best you can. The timer is important because it helps you not overthink. Just respond. Whatever comes out, comes out.

- What is most important that you feel or experience in life?
- What emotions do you want people to have when they engage with you?
- Imagine people could leave a review about you online, what would people say about you?
- What are the times in life where time flies by?
- What won't you stand for in life? What won't you ever do again?
- What is something that probably will not get done in this world unless you step up and do it?

Part 2 (10 minutes)

Step 1 – Grab a highlighter and read the entire list of values below. Highlight each and every value that resonates with you as important. It's ok to feel drawn to a lot here. That's the point. I find that most people highlight 60-70% of the values listed. Highlight any and all values that feel like they are important in life to you. Feel free to add any values you wish.

Step 2 – If at the end of your life you would only be known for exemplifying 10 values, which values would you choose to be known for? Review all the values you've highlighted and now select Your Top 10 Personal Values.

Step 3 – Life isn't always easy. At some point, making tough decisions can only honor one value or another, but not both. That's real life. To simulate this, take your Top 10 values and reduce them to 5. Now rank your top 5 values in order of importance to you.

Acceptance	Elevation	Joy
Accountability	Empathy	Kindness
Accuracy	Empowerment	Leadership
Adventure	Enthusiasm	Learning
Affable	Environmentally-friendly	Longevity
Authenticity	Equality	Love
Authority	Excellence	Loyalty
Balance	Excitement	Luxury
Belonging	Expansion	Magnetism
Challenging	Expression	Methodical
Change	Fairness	Mental Health
Choice	Faith	Mindful
Collaboration	Family	Motivated
Comfort	Fearlessness	Movement
Commitment	Flexibility	Nostalgia
Communication	Fluidity	Novelty
Community	Focus	Obsession
Compassion	Freedom	Open-mindedness
Concern for Others	Friendliness	Optimism
Connectedness	Friendship	Organization
Consistency	Frugality	Passion
Contentment	Fun	Peace
Control	Giving	Perseverance
Convenience	Growth	Philanthropy
Courage	Health	Pleasure
Creativity	Helping Others	Positivity
Decisiveness	Honesty	Promise to Customers
Dependability	Honor	Pragmatism
Desirability	Humility	Protection
Determination	Humor	Quality
Discovery	Impact	Quickness
Diversity	Independence	Recognition
Dominance	Innovation	Recovery
Durability	Inspiring	Reliability
Education	Integrity	Respect

Responsibility
Rigor
Royalty
Safety
Sexual Expression
Sharing
Simplicity
Social Responsibility
Strength
Success
Sustainable
Teamwork
Thoughtfulness
Transparency
Trust
Unique
Unity
Uplifting
Warmth
Winning

*Positively
Dave*