

Our values typically reflect our passions, ideals, and the spirit that drives us. They are often aspirational or inspirational and may be used to guide decision-making or help us find what energizes us. Many of us daily jump on the hamster wheel of life without any consideration for what matters and fuels us.

Let's add dimension to our lives by following this 3-step process to **discover, define, and double-check** our values. Use the reflection prompts below to identify what matters most right now. Fill out each column completely before moving on to the next.

There are no right or wrong responses. This is about reflection—don't judge anything that surfaces but, rather, see where it takes you.

Example

Step 1: Discover			Step 2: Define	Step 3: Double-Check
A. List 3-5 meaningful experiences in your life.	B. For each, what made it meaningful? List as many things as come to mind.	C. What one word would capture the essence of it? (Central theme)	Clarify what each value means to you by putting action verbs to it. How can you synthesize it in a way you can clearly articulate it? How does it energize you?	Pressure-test each value. Would you give it up for a million dollars? Do you imagine it valid 25 years from now? In times of stress, do you let it go? If you answer yes to any of these questions, revisit whether this is truly a core value.
<i>Tailgating</i>	<i>Community Friendship Fun Laughter Outdoors</i>	<i>Community</i>	<i>Being part of a team and creating a sense of belonging is important to me. I definitely believe we are better together and enjoy being part of a team. I get energy and insights from others too.</i>	<i>Creating and being part of teams is and always will be important to me. I enjoy being around people and learning from them. Professionally I work to “prevent organ rejection at work”—meaning helping set up new leaders for success in their new role and creating connections in their new team.</i>
<i>Running my small business</i>	<i>Blends tech and business backgrounds Includes design through execution Appreciated by others Fun, colorful materials Unique result</i>	<i>Creativity</i>	<i>I bring creativity to whatever project I'm working on, whether in my personal, professional, or small business capacity. I am energized when I develop something that is fun, unique and useful at the same time.</i>	<i>I can't imagine ever giving up my creative approach or time spent creating. I've been like this since I was a child and I imagine carrying this through my retirement years. In times of stress, being creative is actually an outlet for me.</i>

Full name:
Date:

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How could I better use these values in my professional and/or personal life?



Based on this, what one action will I take to make this happen?