

Values Clarification Step 1: In the second column next to each of your values, put a check mark if you are proud of that value.

Values Clarification Step 2: In the third column next to each of your values, put a check mark if you have told at least one person, out loud, that this is one of your values. If you have publicly affirmed that value, put a check mark next to each of the five values.

Values Clarification Step 3: In the fourth column next to each of your values, put a check mark next to that value if you have chosen that value. Have you considered the alternative to that value? Have you considered the pros? The cons? The consequences of living according to that value? Have you freely chosen that value. Many people have absorbed their values from their families, community, the media - and not truly chosen their values. We often don't even know what our values are until we've encountered someone with different values. So only put check marks next to values where you're certain you have chosen your value freely.

Remember, the list of values you used to select your top five values includes a lot of values that might be positive alternatives to yours. In that way it is a good resource for you.

Values Clarification Step 4: In the fifth column next to each of your values, put a check mark next to each of your five values if you can remember a time and can tell another person of a time that you have acted, at least once, on that value.

Values Clarification Step 5: In this final column, put a check mark next to the value if you act consistently on this value. People know you walk your talk when it comes to this value. People know that your behavior is predictable, consistent and trustworthy when it comes to this value.

Now if you have any empty boxes in your grid, you have an opportunity for action. When you are looking at projects, entrepreneurial opportunities, or jobs - be sure to check that opportunity with your top values.

If you reflect for a while and then revisit the values inventory, you may discover that when it comes to your actions (what you do) vs. your thoughts about what you *should* do, you enact some different core values. You then have a choice. You can change your core values to more accurately reflect your enacted values, or you might decide to act more consistently in alignment with your values.

WORKSHEET #4: Voicing Values

One way to start living according to your values is to voice your values out loud with another person. Values researcher Mary C. Gentile¹ found that by voicing your values and stating your intent to live according to those values, you are less likely to get confused when you are in situations that call for you to act according to those values. Use the values and definitions you prepared on the Values Worksheet #2. And be prepared to share what you have written with another person out loud.

1 I value _____ and this means _____

I am proud of my _____ value.

I intend to act in ways consistent with my _____ value.

2 I value _____ and this means _____

I am proud of my _____ value.

I intend to act in ways consistent with my _____ value.

3 I value _____ and this means _____

I am proud of my _____ value.

I intend to act in ways consistent with my _____ value.

4 I value _____ and this means _____

I am proud of my _____ value.

I intend to act in ways consistent with my _____ value.

5 I value _____ and this means _____

I am proud of my _____ value.

I intend to act in ways consistent with my _____ value.