



Values + Actions

Why it matters & How to do it

Most of us have goals in life. Things we want to attain.

You may have noticed that sometimes it is difficult to stay motivated, especially with long-term goals. This is when knowing your values is helpful. Research shows that knowing and acting on personal values is the most reliable indicator for staying motivated.

Values are personal character strengths that guide your actions.

They are not goals. When you choose goals that are in accordance with your personal values, you are much more likely to succeed.

Some questions that may help you get in tune with your values:

- What do I look for in a friend or spouse? In a mentor or guide?
 - How do I respond in a crisis or other difficult situation?
 - What qualities would I expect to see in the best version of myself?
 - How do I interact with people, and how do I treat them?
 - What gives me a sense of fulfillment and meaning?
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Step 1:

Read through the lists of values words and circle the ones that leap out at you. Don't think about it too much. Just do it. People usually choose 20-30.

Step 2:

Look at all the words you circled and group them into themes.

Create 5 or fewer groups.

For example, honesty, integrity, and truthfulness are similar, as are spontaneity, adventure, and fun.

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Values + Actions

Step 3:

Choose your favorite word from each group.

Step 4:

Create an action-oriented sentence using verbs with each of your favorite values.

For example, one of my top values is curiosity. My sentence is 'Cultivate curiosity.'

Step 5:

List your action/values sentences in order of importance to you.

Ta-da!

Congratulations, you have created a guiding statement for all of your endeavors. When you feel confused about a decision, reading through your value statements can help you remember what is important to you. You can then look at the choices you have available and see which one is most in accordance with your values. This is the choice that you will most likely be successful at following through with.

Remember that you are choosing for only you- don't take anyone else into consideration.

PS: Values change as you do. You will have different values in different stages of life, situations, and environments. Many people find it helpful to do this worksheet twice- once for their professional life and once for their home life.

Values + Actions

Step One:

Circle the words that resonate most with you.

Don't think about it too much, just do it.

Abundance	Awareness	Expertise	Resilience
Zeal	Beauty	Exploration	Respect
Experience	Boldness	Fairness	Sacrifice
Balance	Calmness	Faith	Security
Decisiveness	Cleanliness	Flexibility	Sensitivity
Cleverness	Closeness	Focus	Sensuality
Openness	Collaboration	Freedom	Serenity
Grace	Commitment	Generosity	Significance
Thrift	Compassion	Gratitude	Simplicity
Happiness	Confidence	Growth	Sincerity
Inclusiveness	Connection	Happiness	Spirituality
Intelligence	Consciousness	Health	Stability
Leadership	Contentment	Honesty	Strength
Quality	Cooperation	Hopefulness	Structure
Mindfulness	Courage	Humility	Success
Passion	Creativity	Humor	Support
Service	Determination	Integrity	Sympathy
Playfulness	Dependability	Intimacy	Thoughtfulness
Punctuality	Dignity	Intuition	Fun
Responsibility	Diligence	Kindness	Timeliness
Tradition	Discipline	Learning	Trust
Wisdom	Discovery	Love	Understanding
Versatility	Diversity	Loyalty	Uniqueness
Passion	Duty	Moderation	Usefulness
Peacefulness	Education	Motivation	Virtue
Persuasiveness	Effectiveness	Advocacy	Vision
Professionalism	Empathy	Optimism	Warmth
Reason (or Logic)	Encouragement	Organization	Wealth
Brilliance	Excellence	Originality	Worthiness
Wellbeing	Groundedness	Curiosity	Authenticity
Adventure	Merriment	Opulence	Seriousness
Zest	Athleticism	Hedonism	Morality



Values + Actions

Step two:

Group the words into themes.

Keep it to five groups or below.

Step three:
Choose your favorite word from each group.



Receive
Experience
Experiment with
Evoke
Cultivate
Grow
Take action with
Move with
Move towards
Speak with
Inhabit
Act with
Nourish
Find
Create
Deliver
Decide to
Dance with
Gain
Evaluate
Collect
Observe
Assert
Increase
Inject
Restore
Maintain
Produce
Invent
Gather
Perceive
Grant
Perform
Emerge with
Generate
Focus on
Nourish
Rest in

Step four:

Create action-oriented sentences with verbs
using your favorite words.

1

2

3

4

5



Values + Actions

Step five:

Rank the action-oriented sentences you created in order of personal importance. Look over these personal active value statements when you feel unsure of what to do, and allow them to help guide you to the best decision for you.

1

2

3

4

5

1

2

3

4

Self-Awareness
from knowing
our values

Create
personal
boundaries
→
based on your
values

Take action
in accordance
with those
values & boundaries
to build self-trust

Build deep self-confidence
from meeting meaningful
life goals based on values
and guided by boundaries

Here are a few more

Self-Awareness from knowing our values	→ Inner Self-Care by having boundaries	→ Self-Trust from taking actions	→ True Confidence from meeting our goals
Imagination	I love new ideas	Creative expression	Writing historically accurate fiction
Loyalty	I honor my word	Long relationships	
Tenacity	I try again	Doing things yourself	
Tradition	I value the past	Keeping records	
Spontaneity	I am ready for anything	Choosing adventure	Raising children in an unusual and thoughtful way
Nurturing	I take care of my people	Having children	
Intelligence	I enjoy new ideas	Having deep conversations	
Optimism	I have a good feeling	Always thinking the best	
Nobility	I show up the best I can	I am true to my ideals	Leading a group to a goal that is beneficial for all
Love	I am grateful for connection	Cherishing what I have	
Ambition	I work for success	Prioritizing goals	
Loyalty	I honor my agreements	Sustaining relationships	

Let's look at some examples

Values	Boundaries	Actions	Goals
Self-Awareness from knowing our	→ Inner Self-Care by having	→ Self-Trust from taking	True Confidence from meeting our
Adventure	I choose my own path	Spontaneous travel	Writing a travel
Power	I stand strong	Carrying my own weight	blog while on
Dignity	I act with dignity	Respecting others	volunteer
Compassion	I show compassion	Helping others	missions
Family	I stand with my children	Creating a home	Raising happy
Nature	I recycle	Gardening	kids on a bio-
Fun	I play every day	Playing with my kids	dynamic farm
Thankfulness	I feel gratitude	Gratitude journaling	
Curiosity	I choose to be open-minded	Learning new ideas	Helping people
Abundance	I appreciate belongings	Cherishing what I have	understand and
Grace	I am fair and loving	Helping people	have compassion
Wisdom	I share my knowledge	Teaching	for themselves