

Values in Life Areas



Rank your values online

Values are directions you choose to live by, not goals you finish. For each area of your life, describe the kind of person you want to be there. Leave out any area that does not apply.

1 What matters to you in each area

Write a few words for each area. Then rate two things from 0 to 10: how important this area is to you, and how much your actions over the past two weeks reflected the person you want to be. There are no right or wrong scores.

Family

What kind of son, daughter, parent or sibling do I want to be?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Partner

What kind of partner do I want to be, now or in the future?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Friends and social life

What kind of friend do I want to be?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Work

What do I want to bring to my work, paid or unpaid?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Learning and growth

How do I want to keep learning and growing?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Health and body

How do I want to look after my body and mind?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Leisure and play

What do I want my free time to be about?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

Community

How do I want to contribute beyond myself?

IMPORTANCE 0 1 2 3 4 5 6 7 8 9 10

LIVING IT 0 1 2 3 4 5 6 7 8 9 10

2 Find the widest gap

Copy your two numbers for each area and subtract. A high-importance area with a wider gap may be a useful place to start. Choose an area where a small, meaningful change feels possible.

AREA	IMPORTANCE	LIVING IT	GAP
Family			
Partner			
Friends and social life			
Work			
Learning and growth			
Health and body			
Leisure and play			
Community			

3 Take one step toward it

Choose one area and plan a step small enough to happen this week.

THE AREA I CHOOSE

THE KIND OF PERSON I WANT TO BE THERE

ONE SMALL STEP

WHEN I WILL TAKE IT

WHAT THOUGHTS, FEELINGS OR
OBSTACLES MIGHT SHOW UP?

WHAT I WILL DO IF IT DOES

Words for what matters

Stuck for words on the first page? Borrow from these 62 values.

STABILITY

Certainty Commitment Control Discipline Financial stability Health Inner harmony Job security Peace Privacy
Security Tradition Religion

CONNECTION

Acceptance Appreciation Compassion Equality Family Forgiveness Friendship Helpfulness Love Loyalty
Teamwork Tolerance Trust Honesty Spirituality

AUTONOMY

Adventure Authenticity Beauty Creativity Excitement Freedom Independence Passion Pleasure Uniqueness
Variety

DEVELOPMENT

Challenge Competence Curiosity Determination Excellence Growth Intelligence Meaningful work Wisdom

IMPACT

Accountability Ambition Authority Contribution Courage Ethics Fame Influence Justice Popularity Reputation
Respect Success Wealth