

Choose Your Values



What values are most important to you, your family, your organization?

First identify what is most important to you: Family, career, hobbies, friends, health, etc.

If you are struggling to determine this, ask yourself: What came to mind first, before anything else?

Next, identify the time/times when you have felt the happiest and most alive:

- *What were you doing, or what did you do to reach that feeling?*
- *Were you alone? With people? Was someone else included?*
- *Was a device part of your happiness?*

Now, identify when you were the most proud of yourself:

- *Why were you proud? What contributed to you reaching that feeling?*
- *If you were not proud of yourself, who were you proud of?*
- *Did a device contribute to this feeling?*

Lastly, identify what you desire to be remembered for:

- *Is it something regarding your career? A hobby? A volunteer organization?*
- *Is it something only a certain family member or friend would remember?*
- *Is it a quality that you evoke or inspire in others?*
- *Another way to think of this is: What do I not want to be remembered for. Then list the opposite. Notice if devices are part of this list.*

From these questions, you should have a direction on what your values are such as:

- *Devotion to family or a friends?*
- *Trustworthiness in everything you do?*
- *Discipline to a career or staff?*
- *Achieving balance of mind and soul?*
- *Being the best at social media? Having the most followers?*

If you are struggling to determine your values, www.MindTools.com has an alphabetical list of personal values.

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