Values and Priorities in Action

Many of us may have not really given too much thought about what we believe and what drives us from deep within. Which in turn, influences our actions and decisions. There are things that we may be very passionate about that we express both positively and reactively.

When our actions are not aligned with our values and priorities we feel uneasy and may not understand why. The way to feel truly whole and in integrity with yourself, is to be very clear about matching actions with our core values and top priorities. When we are in integrity and in alignment with our core values, we create a sense of confidence and self-respect that only comes with being true to what we believe in our soul.

This exercise will help you explore your personal beliefs and values, allowing you to be very intentional in setting up an environment where you are consistently in alignment.

1. First, look at the list of personal qualities. Note: All of these are choices and qualities we can develop or learn, even if they do not come natural.

   Check off the top ten qualities that are most important to you: whether they are qualities within yourself that you are committed to regularly, or in other people, these are things that are in alignment with your values.

2. List the top ten values. (Remember, for you to list these values, it does not mean you have to have already mastered them,)

   - _____
   - _____
   - _____
   - _____
   - _____
   - _____
   - _____
   - _____
   - _____
   - _____

3. Reflect and write about why these values mean something to you. Why do they especially speak to your heart?

4. Now review your life in each of the following areas, and make some notes about how your actions have either matched your values or conflicted with them.

   Marriage/partnership:

   Parenting:

   Other Relationships:

   Career:

   Work/school:

   Goals and dreams:

5. Please name one thing you will do in each area during this next week to make your actions more consistent with the values that are closest to your heart.

   Marriage/partnership:

Parenting:

Other family relationships:

Friendships:

Work or school:

Goals and dreams:

6. Now, let's look a little deeper at what is most important to you and your top priorities. This isn't about being right or wrong, it is about getting a deeper understanding of what suits you best. Also, providing clarity around whether your actions are in alignment with your goals and priorities, bringing awareness to how much time and energy we are putting towards each area of life.

   a) Which is a higher priority for you, your career or personal life?

   b) Are you more comfortable with a busy life, or do you prefer more down time?

   c) Would you rather live in a house with a yard, projects etc. or an apartment or townhouse where those things are taken care of?

   d) Do you like moving and getting to know new places, or do you prefer putting down your roots and avoid moving if possible?

   e) If you had a two-week vacation, would you rather travel or relax at home?

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f) Do you prefer to have a home with lots of nice things, or a simpler life with fewer material things?

g) Do you want a family, or would you prefer a life without children?

h) Do you prefer recreational activities that involve groups, or are solitary involving one or two other people?

i) Do you prefer outdoor or indoor activities?

j) Would you rather have structured and planned activities or more casual and spontaneous?

k) Do you enjoy more competitive activities or relaxed?

6) How close does this match your values and life preferences you listed for question 4? Please list any discrepancies:

7) Briefly describe the things you will do in the next month, that will be more consistent with the lifestyle preferences you listed in question 4.

8) **Exercise:** go through each of the top ten values and priorities you listed, and write a sentence that puts that priority/value into action.

Example: (dependable) I know I am being dependable, when I keep my word even if it can be inconvenient at times.

Or (Trustworthy) I know I am being trustworthy, when I stand up for what is the right thing to do and in integrity with my values.

9) **Bonus:** expand on this exercise and write other values, in addition to your top ten that you would like to master, and put them into action sentences.

10) Looking forward: Anytime you are making a decision or starting something new; ask yourself:

"is this taking me in the direction of my goals and priorities or out of integrity?"