

Mining for Values

Purpose:

Use this questionnaire to prepare for our meeting where we will clarify your core values together. Clarifying your core values usually requires outside input because you are too close to it.

Our values represent our unique essence. The more you honor your core values, the more fulfilled you will feel. When you have clarified your core values, you will have a very helpful compass for your decisions and actions.

Instructions:

1. Jot down brief answers to the below questions. Whatever pops to mind first is best.
 2. Skip some if needed but at least answer 6 questions.
 3. We'll review your answers together and see what values your answers might point to.
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Brainstorm and be as specific as possible:

1. What do you find yourself complaining about most in your immediate surroundings? (e.g., messy house, racism).

2. What do you find yourself complaining about most in the world? (e.g., war).

3. When you picture a peak moment in your life, what made that moment so wonderful?

4. Think of a time you were extremely angry, frustrated, or upset. Name the part that made you the most frustrated.

5. When talking with close friends, what kinds of conversations satisfy you on a deep level?

6. Beyond the survival requirements, what *must* you have in your life in order to be fulfilled? What must be present or else a part of you would "die"?

7. If you had more money than you could ever use, what cause would you donate to?

8. What do the people in your life tease you about? Or is there something that drives them crazy about you? (e.g., "You are so _____!" "All you think about is _____!")

9. Name a hero or two and describe what you admire. Consider pets or fictional characters.

10. What books or movies stand out as the most profound for you?

11. What do you want others to appreciate in you or recognize you for?

12. What else comes to mind as you answer these questions?