

Questions to Reflect on Your Values

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Remember, there are no right or wrong answers, just your answers for now.

The exercise requires thoughtfulness and focus, and it may stir up emotions -- from hopefulness about new possibilities to live your values more fully, to regret or frustration about times it has been difficult to live your values the way you would like. Each of us has great human potential as well as common human limitations. Be gentle with yourself.

What sort of friend do you want to be? What friendships is it important to cultivate? How would you like to act towards your friends?

(From PsychologyTools.org *Values Worksheet* adapted from *The Valued Living Questionnaire* by Wilson, Sandoz, Kitchens & Roberts)

Work and careers are important for most people because that area is where a great deal of your life is spent. Whether your work is humble or grand, the question of values in work pertains. What kind of employee/worker do you most want to be? What do you want to stand for in your work? What kind of a difference do you want to make through your job?

(From *Get Out of Your Mind & Into Your Life* by Steven C. Hayes)

Recall and describe times when you have been most committed. These are times when you were deeply involved, emotionally committed, and determined to persist in spite of all obstacles.

Recall and describe times when you were most decisive. These are times when you knew exactly what to do. You knew you were right, and you acted deliberately and confidently, perhaps even in spite of the doubt and objections of others.

(From *Zen and the Art of Making A Living* by Laurence G. Boldt)

What volunteer activities have meant the most to you in recent years -- from service projects to citizen activism, anything you've been involved in? What volunteer activities have looked attractive, but haven't quite drawn you in?

If you won an all-expense-paid learning experience -- from a field trip to a hands-on workshop to a degree program -- anywhere on the planet, what would you study and in what ways? What would you be attracted to in that experience?

(From *Making a Living While Making a Difference* by Melissa Everett)

Questions or comments? I'd love to hear from you: anne@annecarbert.ca. Website: annecarbert.ca.