

Tool 3.2: Define your values (hierarchy of values)

We all have values in life. And although they underpin all our feelings and decisions, we rarely think about them explicitly. Examining them and writing them down can help you focus on what matters most.

Start by jotting down as many of your values as you can—anything that you think matters to you. There are no right or wrong answers. Some examples: financial independence, my family, honesty, being happy, the environment, travel, solitude, or my health.

Next, go back and circle the big ones, or group your notes into themes. Ultimately, try to narrow your list to your top five.

My values

1.

2.

3.

4.

5.

What actions align with your values?

Now, look over your list. For most people, the behavior they want to change isn't a value. Yet it may have made itself a priority in your life. Where does your behavior conflict with your value system?

Notes: