

# Values Exercise

A decorative graphic of a leafy branch, rendered in a light green color, starts from the bottom left and extends diagonally towards the top right, framing the text on the page.

List five things that are important to you. These are your values.

For each of your values, answer this question:  
When I say that this is important to me, what do I mean?

For each of your values, answer this question:  
If I was demonstrating that "this is important to me" what would I be doing?

Prioritize your list of values by numbering them one to five.  
And no, you cannot leave two at the same priority level!

For each of your values, answer these two questions:  
Which of the things that demonstrate "this is important to me" am I doing?  
Which am I not doing?

Now it's time to evaluate your behavior against your priorities.  
Are you doing most of the things you listed for your most important value?  
If not, what needs to change so that you can?

*To explore these topics further, hire a coach!*

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