

Get Clear on Your Values

1. Know What Matters to You

Your values tell you who you are, what you believe, and what you should do with your life. When these are aligned, your life makes sense. Things go well for you, no matter your external circumstances.

One of the best ways to figure out your values is to think of a time when you felt really good about yourself. What were the circumstances? Who were you with? What just happened? Now think of words or short phrases to describe that experience.

List your top 8 Values here:

_____	_____
_____	_____
_____	_____
_____	_____

Now, put your values in order. If you had to leave one out, which would it be? Keep doing this until you can rank all 8. Sometimes, two or more of your values may be in conflict, so it's good to know the order.

2. Know how you want to show up in the world.

Next state one way in which you are living each value today. How can you more fully live your values? What will you do, starting tomorrow, to live your value? How do you want to be living your value next month, next year, or in your retirement?

When you feel angry, threatened, or just plain unhappy, check to see if one or more of your values are not being honored. Look especially at the work you do, your work environment, and your relationships. What are you tolerating? What could you change to bring you more alignment?

3. Know what energizes, excites, and inspires you. Know what depletes you.

For two weeks, keep a journal of your daily activities. Note your level of engagement, from 1 (not at all engaged) to 4 (really engaged!!). Also note your level of energy, from low/depleted to high/energized. What are you doing? Who are you doing it with? What environment are you in? Then check to see what values are being honored or not.

Was this worksheet helpful? I'd love to hear from you. Drop me a line at janet@janetkodish.com

Hailey would be ever so grateful if you shared this with a friend, because then she'll get a treat:

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