

Values worksheet

Directions: For each valued domain, several sample values are listed, along with several sample values-based statements. First, determine whether you hold any of the values listed, and add any additional values you may hold. Next, review the sample values-based statements, and note which (if any) apply to you. Add any additional statements that reflect the values you previously endorsed.

You can interpret these values in any way that feels meaningful to you. For example, if you're thinking about the value of "supportiveness" in the context of your partner, you can be referring to financial support or emotional support (or both).

Finally, if you find that you've circled a large number of sample values within a given domain try to rank order them and pick the top 3 or 4 to use for goal setting.

Relationship with partner: *Different people want different things from their relationships. What do you want your relationship to look like? What kind of partner do you want to be?*

Sample values: Collaboration, Communication, Connection, Consistency, Dependability, Encouragement, Equality, Humor, Intimacy, Independence, Open-Mindedness, Passion, Reciprocity, Reliability, Respect, Romance, Safety, Security, Spontaneity, Supportiveness, Teamwork, Vulnerability

Can you think of other relationship values that are important to you?

Sample values-based statements:

1. I value communicating openly with my partner, sharing my feelings and perspectives and listening to my partner's feelings and perspectives
2. I value having the time to work on my relationship with my partner
3. I value having the opportunity to pursue social and recreational activities with my partner
4. I value pursuing social and recreational activities separately from my partner
5. I value equality in my partnership, such that we make equal contributions to running the household
6. I value feeling cared for in my relationship
7. I value having some space from my partner
8. I value having distinct functions from my partner, where they are responsible for taking care of certain things, and I'm responsible for taking care of others
9. I value "running the household," with minimal input from my partner

Can you think of other statements about what you want your relationship to be like, based on the values you endorsed above?

Parenting: *We know that different parents prioritize different things. What kind of parent do you want to be? What do you want your relationship with your kids to be about? What aspects of parenting are important to you?*

Sample values: Adventure, Affection, Authenticity, Caring, Connection, Consistency, Contribution, Control, Discipline, Empathy, Encouragement, Flexibility, Fun, Honesty, Humor, Mindfulness, Nurture, Open-mindedness, Order, Patience, Reliability, Responsibility, Role modeling, Safety, Spontaneity, Structure, Supportiveness

Can you think of other parenting values that are important to you?

Sample values-based statements:

1. I value being physically present for my children.
2. I value being a mindful parent who is tuned in to whatever my kids are doing.
3. I value being on the “front lines” with my children, being the one responsible for taking them to playdates and classes and interacting with nannies/day care.
4. I value being the planner for my kids, managing their schedules, making doctors’ appointments, and buying their clothes and gifts.
5. I value being a disciplinarian with my children.
6. I value keeping my kids on a regular routine/schedule.
7. I value being a source of emotional support for my children, who they can turn to in times of need.
8. I value being a source of financial support for my children.
9. I value exposing my children to unique experiences.
10. I value engaging in “fun” activities with my kids.
11. I value imparting my own values to my kids.

Can you think of other statements about what you want your parenting to be like, based on the values you endorsed above?

Work/Career: *How large a role do you want your job/career to play in your life? What aspects of work do you wish to prioritize?*

Sample values: Ambition, Accomplishment, Balance, Challenge, Community, Contribution, Financial stability, Flexibility, Independence, Initiative, Job Security, Learning, Mastery, Recognition, Risk-taking, Service, Teamwork

Can you think of other work values that are important to you?

Sample values-based statements:

1. I value being committed to and engaged with my career
2. I value being challenged intellectually
3. I value engaging in creative tasks
4. I value helping people/making a difference

5. I value making as much money as possible
6. I value having a job/career that gives me flexibility
7. I value working but am not interested in cultivating a real career
8. I don't value working and only work so I can have money

Can you think of other statements about what you want your work life to be like, based on the values you endorsed above?

Health/Self-care: *What are the types of things you want to be doing to take care of yourself?*

Sample values: Accomplishment, Achievement, Assertiveness, Beauty, Challenge, Change, Commitment, Confidence, Control, Drive, Fitness, Organization, Rituals, Self-definition, Self-discipline, Wholeness

Can you think of other health/self-care values that are important to you?

Sample values-based statements:

1. I value devoting significant time and energy to a challenging exercise regimen
2. I value moving my body in some capacity, on a regular basis
3. I value actively working on my mental health, through self-help or therapy
4. I value regularly practicing mindfulness/yoga
5. I value looking nice and "put-together"
6. I value healthful eating
7. I value treating myself to activities that help me look and feel good (e.g. regular hair appointments, manicures, pedicures, massages, facials, body work)
8. I value having a clean, organized home
9. I value being able to say "no" as a form of self-care

Can you think of other statements about what you want your self-care regimen to be like, based on the values you endorsed above?

Recreation/Leisure/Passions: *What things outside of family and work help define who you are as a person? Note: consider those leisure/recreational activities that you are passionate about and substitute these things in for "my passion" in the following values statements.*

Sample values: Accomplishment, Adventure, Challenge, Community, Connection, Control, Curiosity, Creativity, Excitement, Fun, Growth, Initiative, Inspiration, Mastery, Persistence, Ritual, Self-discipline, Self-definition, Self-expression, Skillfulness, Structure

Can you think of other recreation/leisure/passion values that are important to you?

Sample values-based statements:

1. I value being able to define myself as someone who pursues my passion
2. I value being able to engage with my passion on a regular basis
3. I value continually working to improve at my passion
4. I value the stress relief/mental break that comes with pursuing my passion

5. I value pursuing my passion by myself
6. I value pursuing my passion alongside other people
7. I value pursuing my passion in a structured, disciplined manner
8. I value repeatedly setting and reaching goals

Can you think of other statements about what you want your recreation/leisure time to be like, based on the values you endorsed above?