



My Top Ten

THE GOAL: Identify your Current Top Ten Values and their present level of importance to you.

INSTRUCTIONS: In the table below, list the values you selected from the list on page 3. On a scale of 1 (Seldom) to 5 (Almost Daily), rate next to each value how often you feel you currently use the value in your personal and professional life.

Value	Rate (1-5)	Value	Rate (1-5)

Circle or highlight the ten highest rated values from your list. If you have a tie for your tenth spot, consider which of the values you could most *not* live without.

Review the Top 10 Values you identified. How well do they fit you?



Understanding My Values: Definition and Importance

INSTRUCTIONS: List the Top Ten Values you identified from above in the first column of the table below. In the second column, define what each value means to you. In the third column, describe why each value is important to You. For now, leave the “F or C” column blank.

Value	What It Means To Me	Why It’s Important To Me	F or C

The Birth of Your Values: Fear or Consciousness

Values born from fear cause us to take action to avoid something because they protect us from pain we experienced in the past. They are meant to protect us and are recognized by their trademark “have-to’s” usually followed by “or else.” But, paradoxically, instead of protecting us, Fear-Based Values lead our lives according to someone else, hold us back, and keep us playing small, telling us not to reach for something greater. This often creates feelings of guilt, resentment, or frustration and unease.

Alternatively, Conscious Values allow us to take positive action. They are our “want-to’s” and are relevant to our life Today. Conscious Values drive us from the present moment and are designed to lead us where we want to go.

An important distinction between Fear-Based and Conscious-Based Values is, while some Conscious Values may be connected to something we Don’t Want, they are conscious commitments to ourselves of what we *Do Want*. For example, “I don’t want to smoke and eat mostly fast-food like them because I don’t want to be frequently sick and constantly out of energy, so I’m going to commit to living healthy,” consciously chooses Health as a Value because you are choosing what you do want even though it is reinforced by seeing and recognizing what you don’t want.