



Values Grid

Discovering Your Highest Values

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Values are the principles you live your life by. Too often, we are unable to identify what is really important for us, we don't live our lives in alignment with our values and then wonder why we feel unbalanced or things aren't working. Use this worksheet to rediscover your highest values.

Instructions (Use the table below as an example):

- 1) Create a table of ten columns and ten rows and block out half of the boxes in the table.
- 2) Choose your top ten values.
- 3) In any order, write one of your values at the top of each column in the table.
- 4) In the same order, write your values at the beginning of each row in the table.
- 5) Now compare the values appearing across the top and down the side of your table. In the example below, we start at row one with "love." Between "love" and "peace", which value is more important? Write that value in the unshaded box of the table where "love" and "peace" intersect. Continue across the row comparing each of the values at the head of the columns to "love". Then move on to row two and continue the process. Work through each row until all empty boxes are filled.
- 6) Count the number of times each value is written in the boxes of the table. Write that number in the blank next to that value in the spaces provided following the table. (For a table that's 10X10, the total will be 45.) The value appearing most often in the table is your highest value.

	Love	Peace	Family	Security	Integrity	Education	Spirituality	Risk	Adventure	Joy
Love		Love	Family	Love	Integrity	Education	Love	Love	Love	Love
Peace			Family	Peace	Peace	Peace	Peace	Peace	Peace	Peace
Family				Family	Integrity	Family	Family	Family	Family	Family
Security					Integrity	Education	Spirituality	Security	Security	Joy
Integrity						Integrity	Integrity	Integrity	Integrity	Integrity
Education							Education	Education	Education	Education
Spirituality								Spirituality	Spirituality	Joy
Risk									Adventure	Joy
Adventure										Joy
Joy										

 6 Love 7 Peace 8 Family 2 Security 0 Risk
 6 Education 3 Spirituality 8 Integrity 1 Adventure 4 Joy

NOTE: This table can be made as large as you choose. If you are working with more than 10 values, just add columns and rows to the table.



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highest values.

Instructions:

- 1) Create a table of ten column and ten rows and block out half of the boxes in the table(provided below).
- 2) Choose your top ten values.
- 3) In any order, write one of your values at the top of each column in the table.
- 4) In the same order, write your values at the beginning of each row in the table.
- 5) Now compare the values appearing across the top and down the side of your table. Which of the two values is most important to you? Write that value in the unshaded box of the table where the column and row intersect. Continue across the row comparing the value at the head of the row to each of the values at the top of the columns. Then move on to row two and continue the process. Work through each row until all empty boxes are filled.
- 6) Count the number of times each value is written in the boxes of the table. Write that number in the blank next to that value in the spaces provided following the table. (For a table that's 10X10, the total will be 45.) The value appearing most often in the table is your highest values.

Value

Score

Value

Score

Value

Score

NOTE: This table can be made as large as you choose. If you are working with more than 10 values, just add columns and rows to the table.

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