

Values Reflection by Diane Mitchell-Miller

Values answer the question: “What matters most to you in life?”

They act as your **internal compass**—guiding decision-making, shaping your relationships and career choices, and helping you move toward what truly matters. Values turn intention into alignment.

They’re not just words on paper; they’re **lived principles that illuminate your path and define how you show up in the world.**

Think of your values as a **lighthouse**—steady, grounded, and unwavering, even in stormy seasons. They transform uncertainty into clarity and help you **FILTER** decisions anchored in what’s most important.

STEP 1: The Foundation

There’s a reason why less than half of all adults can readily list their values. It requires laying a foundation to start, to get in the right mindset. Answer the 5 prompts to get you started:

1. Think of a peak experience or **meaningful moment** in your life (it probably energized you). What was happening? What values were you honoring at the time?
2. Think of when you were the **most proud** or fulfilled in your life. What was happening during those times? What factors were contributed to this?
3. Think of a time when you were particularly **upset or frustrated**. (**Every strong negative reaction points to a value being stepped on**). What was happening? What values were being suppressed or violated?
4. Reflect on 3 people: one you **admire**, one you’ve **clashed with**, and one who **influenced you**. What specific traits or behaviors stood out? What does that say about your values?
5. What is your **ideal environment**? What is a place/point in time where you felt completely at ease.

STEP 2: Inspiration. You can also use the following online assessment [HERE](#).

Below are a set of common values, intended to help stimulate what yours might be. Circle any word that stands out as being extra important to you. Don't overthink it – just react.

Acceptance	Cleverness	Discovery
Accomplishment	Comfort	Discretion
Accountability	Commitment	Diversity
Accuracy	Common sense	Drive
Achievement	Communication	Dynamism
Adaptability	Community	Economy
Adventurousness	Compassion	Effectiveness
Alertness	Competence	Efficiency
Altruism	Competitiveness	Elegance
Ambition	Confidence	Empathy
Amusement	Connection	Empowerment
Assertiveness	Consistency	Endurance
Attentiveness	Contentment	Energy
Awareness	Continuous Improvement	Enjoyment
Balance	Contribution	Enthusiasm
Beauty	Control	Ethical
Being the best	Conviction	Equality
Belonging	Cooperation	Excellence
Boldness	Correctness	Excitement
Bravery	Courtesy	Experience
Brilliance	Creativity	Experimentation
Calmness	Credibility	Expertise
Candor	Curiosity	Exploration
Capable	Decisiveness	Expressiveness
Carefulness	Dedication	Fairness
Certainty	Dependability	Faith
Challenge	Determination	Family
Charity	Devotion	Fearlessness
Cheerfulness	Devoutness	Fidelity
Clarity	Dignity	Fitness
Cleanliness	Diligence	Focus
Clear-mindedness	Discipline	Foresight
Fortitude	Liberty	Resourcefulness
Freedom	Logic	Respect
Friendship	Love	Responsibility
Fun	Loyalty	Restraint
Generosity	Making a difference	Results-oriented
Giving	Mastery	Rigor
Goodness	Meaning	Risk-taking
Grace	Merit	Security
Gratitude	Motivation	Self-actualization
		Self-control

STEP 3: Look for central themes (connect the dots)

With the first two steps in mind, write down any central themes below:

STEP 4: List your Top 5 values

Write them below. As a check, ask yourself, "Is this truly a core value of mine that I live by, or just one that *should be* a core value?"

STEP 5: Pick the Top 2 driving values in your life

To narrow down from the list of 5, consider these questions:

- What values are *essential* to your life?
- What values are primary drivers of your behavior/how you strive to behave?
- What *must* you have in your life to experience fulfillment?

Now, write them below.

CORE VALUE #1:

CORE VALUE #2:

STEP 6: Share your top 2 values with your team/the group. How will they show up at work?

Share an example of a time you were fully living this value?

(Note: It's powerful when you share values with one another. You learn things about people you would have never known. It creates bonds with and deeper understanding of one another.)

STEP 7: What are a few things I can do to develop and live more into these values:

STEP 8: Measure out your life to date in major chapters.

Psychologist, Dr. Erik Erikson mapped out adulthood in 7-year periods. What were the highlights and learnings from each of these 7 year cycles? Do you see your values in these cycles?

How many life cycles do you have left?