

Wheel of Values Exercise

Values are essential to thriving business environments and quality of life. Strengthening our awareness and commitment to them allows us to make choices and take actions that are meaningful and deeply fulfilling. Shared values create alignment, teamwork and community.

Using the "wheel," a simple pie chart, is a great way to "see" your values and how they are being honored or not being honored.

Purpose: To identify any areas where I'm not honoring my values

Name your top 5 values. Use a values list, or a list you have created in the past. From the list of values below, place a checkmark next to or highlight the 15-20 words that best represent what matters most to you in your life. Whittle that list down to 5. These are just examples to get your thought process going, so add others you may think of as well.

Acceptance	Dignity	Friendship	Loyalty	Responsiveness
Accomplish	Discovery	Fun	Mastery	Safety
Achievement	Diversity	Generosity	Merriment	Self-awareness
Acquisition	Security	Gratitude	Nobility Nutrition	Self-worth
Adventure	Education	Guidance	Order	Sensations
Alignment	Effectiveness	Happiness	Organization	Serenity
Altruism	Elegance	Harmony	Originality	Service
Amusement	Wellbeing	Health	Peace	Simplicity
Assistance	Empathy	Honesty	Peacefulness	Spirituality
Attractiveness	Encourage	Honor	Perception	Stability
Authenticity	Encouragement	Hope	Personal	Stimulation
Awareness	Energy	Imagination	Development	Strength
Beauty	Enlightenment	Independence	Play	Strengthen
Calm	Entertainment	Influence	Positive attitude	Success
Charity	Environment	Innovation	Power	Superiority
Community	Equality	Inspiration	Preparation	Teaching
Compassion	Ethics	Instruction	Presence	Tenderness
Connection	Excellence	Integrity	Provider	Tranquility
Consciousness	Experiment	Intelligence	Quest	Trust
Consideration	Expertise	Inventiveness	Radiance	Truthfulness
Constancy	Exquisiteness	Justice	Recognition	Understanding
Contentment	Fairness	Kindness	Relatedness	Victory
Contribution	Faith	Knowledge	Relationships	Vision
Cooperation	Family	Laughter	Reliability	Wealth
Courage	Feeling good	Leadership	Religious	Wholeness
Creativity	Fitness	Learning	Resourcefulness	Winning
Dependability	Freedom	Love	Respect	
			Responsibility	

Arrange them on the wheel - one pie shape per value. For each value, ask yourself: "How well am I honoring this value in my life today on a scale of 1-5?" and shade the wheel accordingly. Once you know where you stand, you can explore further.

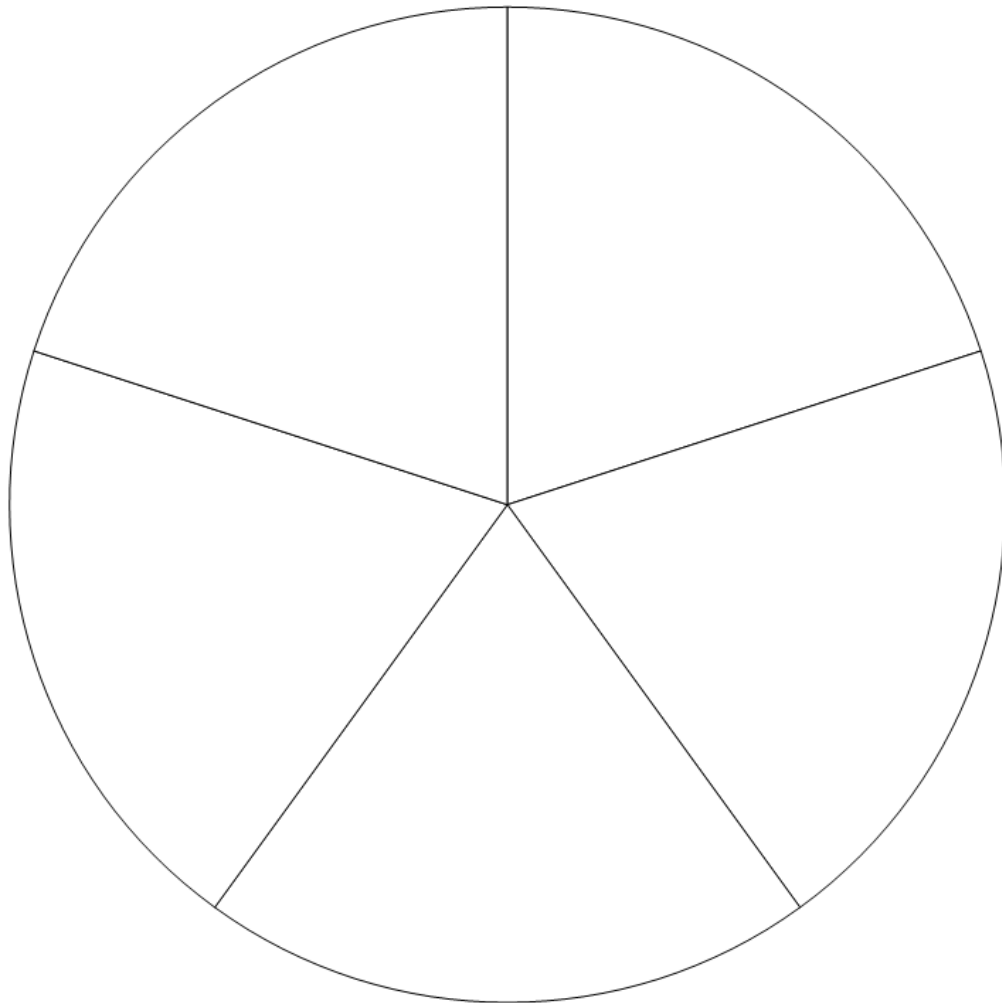
Questions for further exploration

How do I express these values in my life?

What kind of energy do I create when I honor my values?

What value is most important to me right now?
How can I make this a priority?

Make a plan to bring your values more intentionally into your daily life and pay attention to the impact.



My top 5 values are

1. _____
2. _____
3. _____
4. _____
5. _____