



Values-based Decision Making

I. What are values?

Values are the important beliefs and needs you hold that impact all areas of life. When we make decisions and take actions that honor our values, we are best able to maximize our feelings of satisfaction and fulfillment. When we make decisions that do not honor or might conflict with our values, this can cause discontent and dissatisfaction. To begin making values-based decisions and plans, we have to be able to name our values.

II. What are my core values?

Choose 10 values from the list below. To help you, think back to times in your life when you felt most accomplished, confident, proud, and/or satisfied.

- | | | |
|---|---|--|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Fairness | <input type="checkbox"/> Perfection |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Faith | <input type="checkbox"/> Positivity |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Family | <input type="checkbox"/> Preparedness |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Freedom | <input type="checkbox"/> Professionalism |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Fun | <input type="checkbox"/> Quality |
| <input type="checkbox"/> Boldness | <input type="checkbox"/> Generosity | <input type="checkbox"/> Resourcefulness |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Grace | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Change | <input type="checkbox"/> Growth | <input type="checkbox"/> Results |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Harmony | <input type="checkbox"/> Rigor |
| <input type="checkbox"/> Community | <input type="checkbox"/> Honesty | <input type="checkbox"/> Risk |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Humility | <input type="checkbox"/> Security |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Ideation | <input type="checkbox"/> Self-reliance |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Impact | <input type="checkbox"/> Service |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Improvement | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Control | <input type="checkbox"/> Independence | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Influence | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Ingenuity | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Strategic |
| <input type="checkbox"/> Develop | <input type="checkbox"/> Insightfulness | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Discovery | <input type="checkbox"/> Joy | <input type="checkbox"/> Support |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Justice | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Intuition | <input type="checkbox"/> Thoroughness |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Leadership | <input type="checkbox"/> Timeliness |
| <input type="checkbox"/> Elegance | <input type="checkbox"/> Legacy | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Mastery | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Openness | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Expertise | <input type="checkbox"/> Order | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Exploration | <input type="checkbox"/> Originality | <input type="checkbox"/> Vision |

From the ten you selected, reduce them down to your **core five**, numbered according to priority (1 being highest priority). You might find this difficult and get stuck as you choose between values. This is a great exercise, because decision making can tend to force you to prioritize some values above others. How do you feel about your list? What does this list say about you?

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

III. Questions for values-based decision making.

When you are faced with a big or difficult decision, considering using the questions below to make a *values-based decision*.

1. What decision are you considering? What are your options?
2. How do your options **align** with your values?
3. How do your options **conflict** with your values?
4. Which value(s) do you have to absolutely honor?
5. Which value(s) are you willing to compromise?
6. Based on your previous answers, what decision is the best fit for your values? How come?

