

## Value Exploration

You can use these questions to explore life questions that are meaningful for you and to create a draft of your personal values.

### Three Things You'd Like to Do In Near Future

*Write down three things you'd like to do in the near future (1–3 months). Once you've written down the three things, ask yourself why are you planning to do this – why is this important to you? After this, ask why specifically is this thing important. After that ask again why, until you get to the point where it doesn't make any more sense to ask why.*

*Thing I*

*Thing II*

*Thing III*

## **Meaningful Life**

You can use these questions as a tool to understand your deeper values. Answer each question as honestly as you can. These answers are only for you. If some question feels strange or uninspiring, skip it. Try to answer as many questions as you can to get closer to your values.

*What do you value in a good friend?*

*What are the most important things you've learned from your parents?*

*What do you value in other people?*

*What do you value in yourself?*

*What things would you like to become better in?*

*Three things you'd do if you knew you couldn't fail?*

*Recall a moment when you were excited. What were you doing? Who was there? How did it feel?*

*If someone who knew you well would need to name three strengths for you, what would they be?*

*What would you like for other people to remember you about?*

**Life Values**

Based on your answers above, lists the values you think are the most important in your life. What kinds of action-directing rules do you think are important enough that you wouldn't give them up no matter what? Typical values are, for example, beauty, truth, efficiency, trust, love, intimacy, honesty, courage, humility and freedom.

Finally, choose three values as the central priorities and attach at least one actionable (a concrete action that advances the value) to each one.

*Shortlist*

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*Central Values & Actionables*

*VALUE*

*ACTION STEP*

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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