

Discover Your Values

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Read through the examples listed below and circle 10 or more words to which you are drawn (or create your own).

Discover, Accomplishment, Quest, Success, Forward the Action, Catalyze, Focus, Achieve Mastery, Excellence, Teach, Entertain, Humor, Minister, Communicate, Directness, Appreciating What Is, Adventure, Risk Taking, Playing Sports, Joining With Others, Partnership, Inspiring Others, Leadership of Others, Showing Expertise, Sensing Fully, Participation, Exploring, Guiding, Service, Nurturing, Being a Model, Recognition, Performance, Collaboration, Community, Personal Power, Dance, Pleasure, Doing, Acting with Speed, Tradition, Freedom to Choose, Connectedness, Acknowledgement, Comradship, Full Self-Expression, Independence, Articulate, Sex, Assemble, Assist, Attain, Control, Excitement, Rest, Family, Observation, Freedom, Influence, Mastery, Space, Choice, Spontaneity, Supporting Others, Knowledge, Friendship, Completeness, Free Time, Nurturance, Clarity, Beauty, Aesthetics, Innovating, Orderliness, Creating Symmetry, Ideas, Self-Management, Discipline, Novelty, Originality, Intuition, Designing, Personal Strength, Artistry, Play, Architecting, Productivity, Contribution, Romance, Harmony, Accuracy, Zest, Growth, Creativity, Trust, Elegance, Abundance, Passion, Fun, Ingenuity, Imagination, Serenity, Encouragement, Smoothness, Integrity, Joy, Love, Peace, Truth, Uniqueness, Loyalty, Empathy, Spirituality, Authenticity, Lack of Pretense, Honesty, Godliness, Be in the Flow, Energy, Free Spirit, Vitality, To Be Known, Lightness, Contentment, Grace, Gratitude, Honor, Patience, Security, Holiness, Safety, Purposefulness, Transformation, Balance, Simplicity

My Meaningful Moments

Make a list of several times when you were being and doing at your absolute best—when you felt you were “on purpose”, alive, and living out your “best self.” Consider moments when life was especially rich, rewarding or meaningful. These moments don’t have to be traditional “biggies”—such as when your children were born—but they could be. No moment is too “small” or “silly” to list.

1)

Values that were honored:

2)

Values that were honored:

3)

Values that were honored:

Look over the values you circled on the previous page. For each meaningful moment, ask yourself “Which of my circled values were being honored, appreciated, and encouraged in that moment?” List the values that were being supported in each meaningful moment.

BONUS EXERCISE: *(Do this additional exercise at a later time if you are having trouble with “should’s, those things that other people think you “should” be or do, but aren’t really you or you aren’t truly interested in doing.) Think back to the qualities you had as a child. List 5 to 10 qualities that were true of you between the ages of 6 and 12. Circle any and all that are things you still do and are naturally drawn to. Include things that you would do and would be if your work, time and life supported you in fulfilling them. Think of things people cannot STOP you from doing.*

Reprinted from:

“***Creating a Life You Love,***” a women’s workshop led by Jennifer Degler, Ph.D., Clinical Psychologist & Life Coach

Available by download or as a set of 4 audio CD’s and workbook on her website www.jenniferdegler.com
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