



VALUES MATTER

Define Your Values to Find Contentment

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WHAT ARE VALUES?

Values are:

The core beliefs that are most important to you

Your highest priorities at the deepest level

The driving force behind your thoughts, feelings, words, and actions

Your personal code for what really matters in life

The baseline, the center point, the anchor, the touchstone for your life

The principles that bring a deep sense of meaning and purpose to your life

Two types of values:

1

What is most important.

These values represent the thing itself that matters to you. Examples include family, relationships, health, justice, the environment, and meaningful work.

2

How you live your life.

These values represent how you interact with the world. Examples include integrity, generosity, creativity, loyalty, and curiosity.

WHY ARE VALUES IMPORTANT?

Each of us has a set of core values that influences how we think, how we feel, how we act, how we spend, and how we relate to others. But most of us aren't even conscious of what they are. Ever wonder why something seemingly small really gets under your skin? Or why something resonates with you at a deep level but you don't know why? Chances are it's because it hit on one of your values.

Values are a lens through which you observe and interact with the world around you.

Living a life in alignment with your values is among the most effective ways to find contentment, fulfillment, freedom, engagement, purpose, satisfaction, joy, clarity and peace.

Knowing your values and learning to use them in your decision-making process will provide clarity as you make choices and keep you motivated as you pursue your goals, financial and otherwise.

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Values give meaning to the tradeoffs you choose in life. Values give you your BECAUSE so that you can confidently say, "I'm choosing *this* instead of *that* BECAUSE...".

DEFINE YOUR VALUES GUIDE

What are YOUR values?

There are several ways to establish your values. For some people, looking at a list of values and choosing which ones hit home is the way to go. For others, working from a blank sheet of paper and letting their mind wander and explore is best. Some people like to have one-word values and others prefer meaningful phrases. Some people need to talk it out and others need to have quiet time to think, process, and write. All of these are great ways to establish your values!

For those that would like a written list to start with, I've included lots of potential values to get your mind going, but keep in mind this list is not nearly exhaustive!

One last thing... try to narrow it down to five core values. If you're using the list, you could start by crossing out the ones that don't resonate with you, and then try to narrow down to 15, then 10, and then to your final five.

**In the absence of knowing and holding
steady to the things that are most
important, we feel out of balance as we try
to do all the things for all the reasons.
Values hold you steady to what matters so
you can let the rest go.**

DEFINE YOUR VALUES GUIDE

Okay, so let's do it! Let's figure out your values. You may find it helpful to use one of the prompter statements below to help you discern which values resonate with you.

Values Prompters:

- Think about your favorite season of life so far – a time when you were happy, content, and/or really felt alive. What was life-giving at that time?
- If my life reflected this value, I would feel content, fulfilled, engaged, motivated, satisfied and/or peaceful? *(You don't have to feel all of these things, but one of them should hit home for you.)*
- If I could look back on this year and see that my life was in alignment with this value, I would feel proud of myself.
- If I made a decision that required me to stretch out of my comfort zone or have less money, it would be worth it because of this value.
- If I had to measure success in my life according to some criteria other than numbers or measured accomplishments, this value would be part of my criteria.
- If my friends and family were to describe what's truly important to me, I would want this value to be something they said.
- If we had to pick what our family would be known for, or what our kids would use to guide their decisions, this would be most important to us.

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Authenticity	Courage	Curiosity
Honesty	Childlike Wonder	Beauty
Security	Generosity	Stability
Friendships / Relationships	Balance	Faith
Bravery	Creativity	Fame
Peace	Health	Success
Responsibility	Environment	Adventure
Recognition	Meaningful Work	Acceptance
Family	Loyalty	Justice
Autonomy	Boldness	Optimism
Harmony	Grace	Community
Integrity	Fairness	Fun
Learning	Ambition	Kindness
Respect	Growth	Happiness
Connection	Compassion	Status