

Constructing Values Worksheet

What do you value in life? The following are some words for you to choose from and construct values in areas of life that are important to you. You may add other words to the lists if you want. When creating your values, you may add important people, like your kids, spouse, coworkers, or a friend. In the following table are some examples John provided in his work with Frank. Fill in the table with your values. You may also add other areas of life to the table.

What Do You Want to Keep Doing?

Accepting	Connecting	Interacting	Nourishing	Sharing
Acting	Contributing	Leading	Nurturing	Speaking up
Advocating	Embracing	Learning	Performing	Supporting
Applying	Engaging	Listening	Planning	Talking
Behaving	Exercising	Living	Playing	Teaching
Being	Getting along	Loving	Providing	Upholding
Caring	Giving	Maintaining	Relating	Welcoming
Communicating	Helping	Making	Serving	Working

How Do You Want to Keep Doing It?

Acceptingly	Creatively	Gently	Mindfully	Responsibly
Accurately	Curiously	Graciously	Modestly	Safely
Actively	Diligently	Gratefully	Openly	Skillfully
Admirably	Eagerly	Healthily	Passionately	Spiritually
Affectionately	Effectively	Helpfully	Patiently	Strongly
Appreciatively	Emotionally	Honestly	Perceptively	Supportively
Attentively	Energetically	Honorably	Positively	Tenderly
Boldly	Enjoyably	Humbly	Powerfully	Thankfully
Capably	Enthusiastically	Industriously	Precisely	Thoughtfully
Caringly	Ethically	Intelligently	Productively	Truthfully
Compassionately	Expertly	Intentionally	Professionally	Understandingly
Competently	Fairly	Intimately	Proficiently	Usefully
Competitively	Faithfully	Kindheartedly	Purposely	Vigorously
Conscientiously	Fearlessly	Kindly	Reflectively	Warmly
Cooperatively	Forgivingly	Knowledgeably	Regularly	Wholeheartedly
Courageously	Friendly	Lovingly	Reliably	Willingly
Courteously	Generously	Loyally	Respectfully	Wisely

Area of Life	What do you want to keep doing?	How do you want to keep doing it?
Family	<i>Interacting</i>	<i>enjoyably</i>
Friends		
Work	<i>Working with my coworkers</i>	<i>effectively</i>
Education		
Health	<i>living</i>	<i>actively</i>
	<i>living</i>	<i>safely</i>
Recreation		
Spirituality		
Parenting		

Area of Life	What do you want to keep doing?	How do you want to keep doing it?
Community		
Intimate Relationships		

References

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