

Values vs. Beliefs

Values and beliefs are two related but distinct concepts. Values are the principles or standards that someone considers important or desirable, while beliefs are the convictions or opinions that someone holds to be true.

Values

Values are the things that we hold to be important in life. They guide our behavior and decisions, and help us prioritize what is most meaningful to us. For example, someone might value honesty, kindness, and hard work.

Beliefs

Beliefs are ideas or opinions that we hold to be true. They are often shaped by our experiences, upbringing, and culture. For example, someone might believe that all people are inherently good, or that hard work is the key to success.

While values and beliefs are related, they can sometimes come into conflict with each other. For example, if someone values honesty but also believes that it is sometimes necessary to tell a white lie to spare someone's feelings, they may experience an internal conflict.

Determining Your Values

- Honesty
- Responsibility
- Loyalty
- Respect
- Kindness
- Compassion
- Courage
- Perseverance
- Generosity
- Tolerance
- Empathy
- Patience
- Wisdom
- Authenticity
- Spirituality
- Creativity
- Fairness
- Forgiveness
- Gratitude
- Humility
- Independence
- Self-control
- Open-mindedness

1. Review the list of values above and circle the values that you want to prioritize in your life. If you don't see one of your values listed, write it down and circle it.
2. For each value that you have circled, write down a few sentences that explain what that value means to you and why it is important.
3. Think about how you can incorporate these values into your daily life. Write down some specific actions or behaviors that you can take to live in alignment with your values.
4. Finally, reflect on how you can continue to develop and strengthen your values over time. Write down some ideas for how you can grow and evolve as a person while staying true to your values.

Walking in Your Values

To walk in your values means to live your life in alignment with the principles and standards that you hold dear. It means that you make decisions and take actions that are consistent with your values, even when it is difficult or unpopular to do so.

Walking in your values requires self-awareness, introspection, and a commitment to personal growth. It involves taking the time to identify your values, reflect on why they are important to you, and consciously choose behaviors that support those values.

When you walk in your values, you may find that you feel more authentic, fulfilled, and at peace with yourself. You are more likely to feel a sense of purpose and meaning in your life because you are living in alignment with what truly matters to you.

Of course, walking in your values is not always easy. It can require courage, sacrifice, and perseverance. You may encounter obstacles or challenges that test your commitment to your values. However, if you are able to stay true to your values in the face of adversity, you will likely find that you emerge stronger, more resilient, and more grounded in your beliefs.

Life Domains

- Family
- Marriage/Couple/
Intimacy
- Parenting
- Friendships/Social
Life
- Career/Employment
- Education/Personal
Growth &
Development
- Health/Physical
Wellbeing
- Recreation/Fun/
Leisure
- Spirituality
- Citizenship/
Environment/
Community

1. Keeping in mind the values you circled on the first page, for each of the domains above write a brief description of your values (e.g. to be a compassionate partner [marriage], to never stop learning [personal development], to deepen my relationship with God/consciousness [spirituality]).
2. Then rate each domain according to how important it is to you (0 = not important, 10 = very important).
3. Finally, give each domain a rating according to how successfully you have lived your life in accordance with this value in the past month (0 = not at all well, 10 = very well).