

*Your*  
**VALUES**  
**EXERCISE**  
*workbook*

Mindful Physician Coaching

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Welcome! It is my hope that this workbook helps to shine a light on the personal values that are your unique guiding principles.

Values help to tether and ground our decision making. We are all different, and over time, our values may shift a little. By clarifying and naming your own values at this point in time, you will take an important step forward towards defining goals that are both fulfilling and sustainable.

I provide coaching packages to physicians at all stages of practice who are experiencing burnout, contemplating life transitions, or facing challenges with balance and time management. I offer a complimentary, no obligation 30-minute introductory call for new clients. You can learn more and contact me through my website, [MindfulPhysicianCoaching.com](http://MindfulPhysicianCoaching.com) or email me at [Sarah@mindfulphysiciancoaching.com](mailto:Sarah@mindfulphysiciancoaching.com)

*Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.*

*— Gandhi*

# My Core Values

When you ask someone what they value, they will often say things like “family,” “health,” or “my work.” In coaching, however, we don’t consider these values; rather, they are important aspects of life.

Values, by contrast, refer to how you want to *be*. When you are being your best self in regards to health, for example, what does that look like? When you are caring for your patients, how do you want to see yourself? When you are with your loved ones, what matters most?

In other words, values are qualities of behavior that you bring to the important areas of your life. They are your heart’s deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis

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There are literally hundreds of different values, but in the next pages you’ll find a list of the most common ones. Probably not all of them will be relevant to you. Keep in mind there are no such things as “right values” or “wrong values”.

As you read through the list, circle the values that resonate most strongly for you. You may find that many of them seem important, or “should” be important, but try to be discerning. The choices are yours, and your answers will help you to learn more about what matters the most to you. You can expect to end up with 10-20 values, but it could be a little more or less.

Do this exercise as quickly as possible. Try not to overthink. You can go back and make changes later but for now it is about making a quick first pass.

Once you've circled those values that seem most important, write them down on the following page. You will likely notice that some are very similar, getting at the same core concept based on your interpretation of the words. If so, group those together and choose the one that is most representative of what you value.

If there are still more than five values clusters after this step, select out the top five that are most important to you.

If, when combining your values, you find yourself with less than five, re-scan the list and see if something jumps out.

Using this list, try to clarify for yourself how you incorporate these values in your daily life. There is no right or wrong answer. Values are not about categorizing or diagnosing you. And over time, the answers may change. The purpose of this exercise is to gain some insight into what is most important to you.

Although you can use your computer to make your list, consider printing out these pages instead. Sometimes the act of writing by hand can bring clarity.

# Define Your Values

Without dwelling too much on your choices, go through the list below and circle those that feel important to you. Your definitions of these terms may be different from someone else's. Since this exercise is designed to help you get in touch with what matters to you, the meaning of the words is up to you. There is no right or wrong answer, but you can always go back and change your responses later.

The list is far from comprehensive, so I've left some room for you to add your own values.

|                 |  |
|-----------------|--|
| Acceptance      |  |
| Action-Oriented |  |
| Adaptability    |  |
| Adventurous     |  |
| Ambitious       |  |
| Assertive       |  |
| Authentic       |  |
| Belonging       |  |
| Beauty          |  |
| Caring          |  |
| Challenge       |  |
| Cheerfulness    |  |
| Communication   |  |
| Community       |  |
| Compassion      |  |
| Connection      |  |
| Confidence      |  |
| Consistency     |  |
| Conviction      |  |
| Courage         |  |
| Courtesy        |  |
| Creativity      |  |
| Curiosity       |  |
| Decisiveness    |  |
| Diligence       |  |
| Empathy         |  |
| Encouragement   |  |
| Equality        |  |
| Excellence      |  |
| Excitement      |  |

|                 |  |
|-----------------|--|
| Fairness        |  |
| Faith           |  |
| Fitness         |  |
| Flexibility     |  |
| Focused         |  |
| Forgiveness     |  |
| Freedom         |  |
| Friendliness    |  |
| Forgiveness     |  |
| Fun             |  |
| Generosity      |  |
| Grace           |  |
| Gratitude       |  |
| Gusto           |  |
| Happiness       |  |
| Honesty         |  |
| Hope            |  |
| Humility        |  |
| Humor           |  |
| Independence    |  |
| Industrious     |  |
| Integrity       |  |
| Intimacy        |  |
| Joyfulness      |  |
| Justice         |  |
| Kindness        |  |
| Knowledge       |  |
| Leadership      |  |
| Listener        |  |
| Loving          |  |
| Loyalty         |  |
| Mannerly        |  |
| Mindfulness     |  |
| Open-Mindedness |  |
| Orderly         |  |
| Organized       |  |
| Parenting       |  |
| Passionate      |  |
| Patience        |  |
| Persistence     |  |
| Personable      |  |
| Pleasure        |  |

|                  |  |
|------------------|--|
| Power            |  |
| Promptness       |  |
| Reciprocity      |  |
| Respectfulness   |  |
| Responsibility   |  |
| Rest             |  |
| Romance          |  |
| Safety           |  |
| Self-Awareness   |  |
| Self-Care        |  |
| Self-Control     |  |
| Self-Development |  |
| Self-Sufficiency |  |
| Sensuality       |  |
| Sexuality        |  |
| Skillfulness     |  |
| Sober-Mindedness |  |
| Sound Judgment   |  |
| Spirituality     |  |
| Stewardship      |  |
| Studios          |  |
| Supportiveness   |  |
| Sympathetic      |  |
| Teachable        |  |
| Tidiness         |  |
| Trustworthiness  |  |
| Uniqueness       |  |
| Unity            |  |
| Unselfishness    |  |
| Usefulness       |  |
| Vision           |  |
| Vulnerability    |  |
| Wealth           |  |
| Wholeheartedness |  |
| Wisdom           |  |
| Wonder           |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |
|                  |  |

*Adapted from Personal Values Card Sort, W.R. Miller, J. C’de Baca, D.B. Matthews, P.L. Wilbourne, University of New Mexico, 2001 and the work of Russ Harris, 2010*



# My Core Values

A series of horizontal dashed lines for writing.

A series of horizontal dashed lines for writing.



# My Core VALUES

Review the core values that you most identify with and narrow them down into five groups below. Group together values that have similar meaning to you and fit easily together

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|--|--|--|--|--|

Choose one of the values included in the group, or a word that you feel captures the essence of the entire group.

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|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

These are **your top 5 core values**

A series of horizontal dashed lines for writing.

Next, take a good look at your core values and consider how you might choose to elevate these values in your daily life.

Don't try to make sweeping changes all at once. That can often be overwhelming and self-defeating. Instead, think of small actions or choices that might more completely align your values with your life.

Understanding your values is a great first step towards creating the life you want to live.



# Thank you!

I hope this workbook has been helpful, empowering, and enlightening.

If you have questions, comments, or any insights you'd like to share, I'd love to hear from you. And if you're looking for a little more clarity and focus, check out my Four Week Focus Shift Course, available on the website. It includes 4 recorded video lessons and a 70 page workbook. With your purchase, you'll also receive a code for \$200 off any coaching package. Use the code SUBSCRIBER20 and you'll get 20% off the price of the course.

If you are ready to work with a physician coach, please reach out. You can set up your complimentary phone or Zoom meeting with me through the website. Or send me an email and I'll arrange it.

If you're not already subscribed to my newsletter, you can do that on the site as well, or let me know and I'll add you to the list.



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