



SKILLS & STRATEGIES TOOLBOX

Defining Your Values

Step 1. Identify times when you feel the happiest.

- What are you doing?
- Are you with anyone? Who are you with?
- What factors contribute to your happiness?

Step 2. Identify times when you feel most proud.

- Why are you proud?
- Are you with anyone? Who are you with?
- What factors contribute to your feelings of pride?

Step 3. Identify times when you feel most fulfilled.

- Why do you feel fulfilled?
- Are you with anyone? Who are you with?
- What factors contribute to your feelings of fulfillment?

Step 4. Determine your most important values.²⁸

Review the list of values below. Identify 10 values that are important to you. Base your selection on your experiences of happiness, pride and fulfillment.

Step 5. Prioritize your top values. Take your list of 10 important values. Write them down in any order. Compare one value to another, asking yourself which you would choose if you could only choose one. Work your way through your list, shifting the order until it is correct.

Step 6. Reaffirm your values. Review your top 2 values. You will likely find that these values have guided your decisions throughout your life. Did these values lead you to medicine as a career? Do you see these values reflected in your day-to-day work? If not, explore ways to integrate these values into your medical practice. Where do you envision these values being exemplified?

Identify 10 values that are important to you.

Acceptance	Contribution	Freedom	Inner Peace	Openness	Self-Control
Accuracy	Compassion	Friends	Integrity	Order	Self-Esteem
Achievement	Cooperation	Fun	Intimacy	Passion	Self-Knowledge
Adventure	Courtesy	Generosity	Justice	Pleasure	Service
Attractiveness	Creativity	God's Will	Knowledge	Popularity	Sexuality
Authority	Dependability	Growth	Leisure	Power	Simplicity
Autonomy	Duty	Health	Love	Purpose	Solitude
Authenticity	Ecology	Helpfulness	Loving	Rationality	Spirituality
Beauty	Excitement	Honesty	Mastery	Realism	Stability
Benevolence	Faithfulness	Hope	Mindfulness	Responsibility	Tolerance
Caring	Fame	Humility	Moderation	Risk	Tradition
Challenge	Family	Humor	Monogamy	Romance	Virtue
Change	Fitness	Independence	Non-conformist	Safety	Wealth
Commitment	Flexibility	Industry	Nurturance	Self-Acceptance	World Peace