



Getting Unstuck

Align Your Life With
Your Values

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Before You Begin

Our world is filled with too much noise.

From the day you were born, you have been receiving messages from your loved ones, your teachers, your friends, and society as a whole. These messages, however subtle, have taught you how you “should” live your life.

Add social media to the mix, and you are being faced with others’ opinions all day long. Even if you aren’t explicitly being told what to do, you’re observing what other people are doing. Which, subconsciously, influences how you feel about what you’re doing. Or not doing.

This values exercise is going to help you get in touch with what is important to you, and hopefully help to quiet the voices and opinions of those around you.

When you identify what is most important to you, and reflect on whether or not you are living in a way that supports your values, you can begin to make changes so that your life reflects who you are.

Identify Your Values

1. Take a look at the list of values and qualities on the next page, and **check off those that are important to you.**

I know there are a lot. And there may be some that aren't listed here. If so, go ahead and add them!

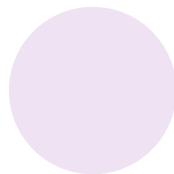
2. Once you have checked off the values that resonate, **pick the top ten by circling them or highlighting them.**

If picking 10 is challenging, try narrowing your list down to 20 and eliminating from there. And, if you don't have enough values, go back to the list and pick a few that you think are important, until you have 10.

3. Next, take those top values, and **rate them by importance**, 1 being the absolute most important to you (you can do this on the last page).

Remember, there is no right or wrong. This isn't about whether or not you're living according to these values, it's about what values are most important to you at this point in your life.

4. **Hang your list of values somewhere you can see it every day**, as a reminder of how you want to live your life. Our values are always changing, so you can always come back to this exercise when you're feeling lost, or want to check in with yourself.



List of Values

Accountability	Efficiency	Leadership
Achievement	Equality	Learning
Adaptability	Excellence	Legacy
Adventure	Fairness	Leisure
Altruism	Faith	Love
Ambition	Family	Loyalty
Authenticity	Financial	Magic
Balance	Stability	Nature
Beauty	Forgiveness	Openness
Belonging	Freedom	Optimism
Career	Fun	Order
Caring	Generosity	Patience
Collaboration	Giving Back	Patriotism
Commitment	Grace	Peace
Community	Gratitude	Power
Compassion	Growth	Respect
Competence	Harmony	Safety
Connection	Health	Security
Contentment	Home	Serenity
Contribution	Honesty	Spirituality
Cooperation	Hope	Trust
Courage	Humility	Tradition
Creativity	Humor	Uniqueness
Curiosity	Joy	Vision
Dignity	Justice	Wealth
Diversity	Kindness	Wisdom
Environment	Knowledge	

My Values

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Reflections

How do I feel when I'm living according to my values? How do I feel when I'm not?

What do I love about my values?

How do my values influence my choices?

Are there any values that I wish I honored more? How can I start to do that?



I'd love to hear from you!

Let me know - how did it go? And if you found this exercise helpful, please feel free to share this document with anyone else who may benefit.

You can contact me at hello@paigerechtman.com.

Paige

Stay in touch!

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