

DEFINING PERSONAL VALUES

The Oxford Dictionary defines “values” as “a person's principles or standards of behavior; one's judgment of what is important in life.” Great leaders are often very aware of their own personal values, and let these values guide their decisions and interactions with others. While we will be exploring our personal values in this worksheet, you may find it useful to refer to Chapters 9 and 10 of the *Guide*, where we discuss “Purpose and Callings” and “Identity.”

Your values will likely change and evolve throughout your life, so don't stress too much about trying to identify them perfectly right now—you can always refine them in the coming days, months, and years—but it's worth beginning to think about and work toward that self-awareness. Here are some prompts to help you identify your personal values:

What personality traits and characteristics do you admire about yourself? You can also ask close friends or family members what traits and characteristics they most admire about you.

What expectations do you have of others around you? Do you hold yourself to these same expectations?

What do you most value in a friend? How do you reflect these same values?

What are some standards that you hold yourself to? This could include guidance from church leaders, teachers, and parents, commandments from God, or other personal standards that you hold yourself to.



If you have received your patriarchal blessing, does it mention any values that you possess or are encouraged to develop?

Pray to ask Heavenly Father what additional values you may possess or may want to develop further. Record any impressions you receive.

End this practice by identifying any words, phrases, mantras, quotes, or scriptures that can remind you of your personal values. Pick one to write down and hang in an area you will see it often. As you become more mindful and aware of your values—seeking to recall them daily—you will be able to find more ways to incorporate those values into your daily life.

