

# Key Definitions for the Values and Vision Intake

Grow in Self-Awareness of Your Own Core Values and Life Vision (Purpose in Life)

[Read before doing the intake!]

## Values

*Values:* Those individual ideals, ethics, morals, tenets, principles, or standards that you hold as central to your personal stance in life. [Examples: loyalty, courage, kindness, truthfulness, honesty, community, friendship, learning, truth, resilience, tolerance, generosity, fairness, self-control, perseverance, etc.] And those societal ideals, ... that you hold as fundamental to your public stance in life. [Examples: freedom of: speech, religion, conscience, press, association, enterprise, elections; democracy, representative government, constitutional government with checks and balances, equality before the law, social justice, etc.]

## Vision

*Goal:* Something that you want to achieve, that you know the steps to achieve it—or believe you can readily discover those steps—and that you know that achieving it depends largely upon you applying yourself. [Example: graduate from the current school you are in and go on to the next educational level or get a job in x, y, z.]

*Dream:* Something that you want to accomplish that is beyond your reach at the moment but for which you believe you have that special something to go for it and that it can be accomplished with great effort on your part. However, you know that some of the right conditions that are needed to achieve this dream are partially outside your immediate abilities. [Examples: be a winning Olympic athlete, invent a product or procedures to cure cancer, run your own company or not-for-profit, receive a noble peace prize for advancing peace or reducing poverty on a massive scale, etc. *Note:* A dream can be the catalyst of many specific goals that are steps toward achieving that dream.]

*Hope:* Something that you firmly embrace and intend to work for its achievement, even though you realize that it is unlikely to ever be completely achieved. [Examples: end world hunger, create peace among all peoples, justice for all, etc. *Note:* A hope can be the catalyst of dreams, which spawn specific goals, which you see as your contribution to keep that hope alive.]

*Purpose(s) in life:* This is totally in your capacity and reflects something—both tangible and intangible—about you. Its clarity to yourself is what motivates you and allows you to say: “This is why I am living and striving to accomplish or accomplishing these things”; “this gives sense to my daily life and my entire life”; “this sums up what makes life worth living for me.” [Examples: creating beauty and deeper insights into life through the arts; building bridges out of new materials and quantum physics based design that will be stronger and last decades longer than currently possible; being a bridge builder among peoples, in communities or within families; coaching children to reach their highest potential; teaching math like it has never been taught before; doing good, the best you can to make every situation better; advancing policies and laws that require new homes be eco friendly and energy independent; holding power accountable through journalism; raising children to be resilient, compassionate and professionally competent; redesigning or creating anew, elegant and beneficial products in the business profession of your choice, etc.]

# Values and Vision Intake

## VALUES

1. \_\_\_\_ How clear are you about the values that you want to inform your life?
2. \_\_\_\_ How clear are you about which of your current values you cherish the most and are most central to whom you want to be as a person?
3. \_\_\_\_ How clear are you about the origins of your current values?
4. \_\_\_\_ How important do you think it is to your personal success in life to have a well-defined set of Core Values that you cherish and want to inform every day of your life?

## VISION

5. \_\_\_\_ How clear are you about your goals?
6. \_\_\_\_ How clear are you about your life dreams?
7. \_\_\_\_ How clear are you about your hopes for life?
8. \_\_\_\_ How clear are you about your purpose or purposes in life?
9. \_\_\_\_ How important do you think it is to your personal success in life to have a clear Life Vision—personal Mission Statement—to help keep you focused on achieving your goals and dream, and central purpose(s) in life, while never losing sight of or giving up on your greater hopes?

## VALUES & VISION

10. \_\_\_\_ How important do you think it is to your effectiveness in life, to the quality of your life and to your degree of personal integrity if you were simultaneously to live your Core Values as you pursue your Life Vision: your cherished goals, dreams, hopes and purpose(s) in life?

Date: \_\_\_\_ / \_\_\_\_ / 2017

Code: \_\_\_\_\_

Age: \_\_\_\_\_ (years old)

### *Measurement Key:*

- 7 = absolutely clear / absolutely important;
- 6 = very clear / very important;
- 5 = rather clear / rather important;
- 4 = fairly clear / fairly important;
- 3 = somewhat clear / somewhat important;
- 2 = not very clear / not very important;
- 1 = unclear/ unimportant.