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YOU CAN MAKE CHANGE

Understanding
Values and Vehicles

WORKSHEET

When we are brainstorming what our core values are, we often end up with a long list of concepts and ideas that we know are important to us. The tricky part can be identifying which of those things are our core values, and which ones are vehicles that help us connect to our core values.

Consider the difference:

Value: A root belief that **matters the most** to you, and guides your thoughts, feelings, and actions

Vehicle: Ideas, behaviors, activities, and values that help you connect to your core value

For Example:

Value = Courage

Vehicles include: Being brave, Standing up for others, Speaking the truth

Value = Kindness

Vehicles include: Fairness, Justice, Equity

Note that values can be vehicles that help you connect to your **core values**. For example, you might have **authenticity** and **creativity** on your short list of values. As you think about it you realize that being creative is important to you because it always allows you to connect to and express your true self. So, while authenticity is your **core value**, creativity is a **vehicle** that helps you live that core value every day.

Start to organize your list of ideas from our work together so far into the two columns below - Values and Vehicles. To do this, look at the ideas you have written down and ask yourself the following questions:

- Is this something that you think regularly drives your thoughts, feelings, and actions? If yes, can you think of a couple of examples?
 - If yes = Value
 - If no = Vehicle
- Is this something that you think is completely central to who you are as a human being, such that if you took it away it would fundamentally alter who you are?
 - If yes = Value
 - If no = Vehicle
- Is this something that is really important to you because it helps you connect to, is related to, or reinforces the most cherished things in your life?
 - If yes = Vehicle
 - If no = Perhaps Value, Perhaps leave it off the list

Value	Vehicle

Now, look at your two columns and start to think about how your values and vehicles relate to one another. In the table below, complete the following steps:

1. Write one core value that you feel strongly about in each box in the left-hand column.
2. Put vehicles that relate to each core value in the corresponding box in the right-hand column.
3. As you're completing the boxes, add other vehicles that come to mind that help you connect to that value.
4. Keep in mind a vehicle can help you connect to multiple values.

Value: What is your root belief that matters the most to you, and guides your thoughts, feelings, and actions?

Example: Positivity

Vehicles: What are related ideas, behaviors, activities, and values that help you connect to your core value?

Example: Repeating morning affirmations, always thinking about the best-case scenario, optimism, hope

Value	Vehicle
<i>Example: Faith</i>	<i>Examples: Connecting to my religion every day, community, daily walks, daily prayers</i>
<i>Example: Equity</i>	<i>Examples: Having a job that advances equity in our world, always being fair and just when I can, treating my kids equitably</i>
<i>Example: Trust</i>	<i>Examples: Honesty, loyalty, having a small group of friends, daily journaling practice</i>

As you complete this activity, two things should become clearer:

1. Which values are most likely to be your personal core values
2. The actions, ideas, and values that help you connect to and elevate these core values in your life

With clarity on these two things, you can find ways to connect to your core values on a daily basis - when things are challenging, when you're needing a pick me up, when you need a shift in perspective, or when you're feeling out of control.