



# Values Worksheet

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There are two reasons people don't understand their values:

First, we don't stop to question what are values are, and so they are shaped by our culture, the media, and the influence of others.

Second, we don't understand that some values are more important than others, and many values are, in fact, not values at all, which means they get in the way of what's truly important.

The Minimalists believe the best way to live a meaningful life is to align your short-term actions with your long-term values; that is, to make your future self proud of your present self. That's why we created this worksheet—because when you better understand your values, you will better understand the direction in which you must travel. For a thorough explanation of each type of value, visit [minimalists.com/v](https://minimalists.com/v).



