

# Values Worksheet



Before you start a business, it is important to understand your personal values. Use this worksheet to help you identify your values and to think about how becoming self-employed will support, or compete with, your values.

Once you are done, share your answers with your TVR counselor.

## 1. Thinking About Your Values

Describe your values for each of the life areas below:

*If you have trouble getting started, look at the example on Pages 3 and 4.*

### Physical

### Social

### Community

### Spiritual and Religious

### Learning

## 2. Values Fit

**Describe how running your business will support or compete with your values.**

First, list your business. Then, mark the *Supports*, *Competes*, or *Both* box for that value. Explain why you picked that answer.

**My proposed business:**

**Physical**

Supports

☐

Competes

☐

Both

☐

**Social**

Supports

☐

Competes

☐

Both

☐

**Community**

Supports

☐

Competes

☐

Both

☐

**Spiritual and Religious**

Supports

☐

Competes

☐

Both

☐

**Learning**

Supports

☐

Competes

☐

Both

☐

# Values Worksheet Example: Elena



Elena is a very physical person. She likes to be out in nature hiking, listening for birds, and feeling the fresh air on her face. She finds peace when she is outside spending time alone. She also feels very connected to her community and likes being there for her close friends and family. She is part of a drumming circle and is thinking of starting a wreath-making business.

## 1. Thinking About Your Values Example: Elena

Here is what Elena wrote about her values:

### Physical

I enjoy being physically active, especially when I can be active outdoors. When I'm physically active, I feel less stressed and more centered.

### Social

Although I enjoy my close friends and family, I sometimes get overwhelmed at large social events. I value my time alone and look forward to being in my own thoughts.

### Community

I value being part of a strong supportive community.

### Spiritual and Religious

I do not attend church, but feel spiritually connected when I am out in nature.

### Learning

I like learning about things that are interactive, like music or crafts. I am not interested in or good at math or reading.

## 2. Values Fit Example: Elena

After writing down her values, Elena thought about how her values fit with her idea to start a wreath-making business.

### My proposed business:

I will make wreaths and other arrangements for holidays and different seasons.

#### Physical

Supports

☒

Competes

☐

Both

☐

Since all my wreaths will be made with natural materials, my job can include physical activity, such as gathering clippings, pine cones, mosses, and other materials. Making wreaths and arrangements is not overly physical, but I will be standing up and moving around my workshop so I will get some physical activity.

#### Social

Supports

☐

Competes

☐

Both

☒

My business will require me to market to customers and go to events where there are larger groups of people. This may be hard for me. On the other hand, making wreaths is very centering and allows me quiet time.

#### Community

Supports

☐

Competes

☒

Both

☐

Starting and running my business will compete with my time spent with my family and with my tribal responsibilities.

#### Spiritual and Religious

Supports

☒

Competes

☐

Both

☐

Working with natural materials and spending time outside looking for interesting things to include in my seasonal and decorative wreaths will help me feel centered and connected to nature.

#### Learning

Supports

☐

Competes

☐

Both

☒

Making wreaths for my business will tap into my interest in learning and perfecting my craft. Managing my business, however, may be hard since I don't like math or tracking other details that might be required.



## Next Steps Example: Elena

After Elena completed her Values Worksheet, she decided that her business was a reasonable fit with her values. Although some of her values competed with her business, many were supported.

When she next meets with her TVR counselor, they will talk about how to set up her business in ways that support her values.

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### What do you value?

Do you know enough about yourself and what you value?

You may need to spend some time thinking about your life and values before committing to a business.

It's important to know what values will drive you as you begin the process of starting your own business.



**To be fulfilled in work and life,  
you must know your values and  
live a life that meets them.**