

**The**  
**Guidebook to**  
**HAPPINESS**

Values-Based Decision Making



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BONUS:

# Values-Based Decision Making

Values-Based Decision Making (VBDM) is a very simple but highly effective process to help make decisions that are in alignment with your values. The more aligned our decisions are with our higher values, the more peace and harmony we feel when those choices are made. The hardest part of this process is establishing and defining your core values; before ranking them in the order of priority they mean to you.

*The VBDM Tool is not an exact science.* What it aims to do is remove emotion from the decision making process and bring greater awareness of the pro's and con's of a decision in relationship to your deeper values.

The **Preparation Steps** are:

1. *Identify* your Core Values.
2. *Rank* your Core Values.
3. *Identify* your Top 5 Core Values.
4. *Define* these Core Values.

Once you have completed the 4-steps you are ready to use the VBDM Tool at the end of this document.

## **Step 1**

The Core Values that I believe to be most important in living a life of virtue are:



**Step 4 (Optional)**

Now *define* your Top 5 Core Values. What are the parameters? What do they mean to you? How would you describe these Core Values?

**Value 1:** \_\_\_\_\_

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**Value 2:** \_\_\_\_\_

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**Value 3:** \_\_\_\_\_

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**Value 4:** \_\_\_\_\_

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**Value 5:** \_\_\_\_\_

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# VBDM Tool

My Decision is about *(by writing it down it adds clarity for you)*:

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My basic options are:

1.

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2.

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3.

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# The VBDM Decision-Making Matrix

	Number 1 Value	Number 2 Value	Number 3 Value	Number 4 Value	Number 5 Value	Score
List your values >						
Weighting	+/- 5	+/- 4	+/- 3	+/- 2	+/- 1	
Option 1						
Option 2						
Option 3						



**Using the Matrix:**

1. List your values in priority order
2. Each value is 'weighted' differently to reflect the fact that your higher values are more important to align with.
3. If the option is out of alignment with your Number 1 Value, you might want to drop the option straight away.
4. If the option is out of alignment with more than 2 of your Top 3 Values, you might want to drop the option as well.
5. The 'scoring' is designed to give you perspective. You may interpret it:
  - a. If the score is 'negative' it means this is probably a poor option
  - b. If the score is 'positive' it means this is probably a good option
  - c. If the score is zero or close to it there might be better options

*Important Note:*

As we said previously; the VBDM Tool is not an exact science. You remain personally responsible for all the decisions you make in your life. We cannot know the full extent of the circumstances surrounding your decision, so we take no responsibility for the consequences of any of your decisions or subsequent actions. This Tool does not take the place of professional consultation, which we always recommend you utilise when making big decisions or decisions requiring expert instruction or guidance. This tool is a 'guide'. This Tool is designed to increase awareness of what is most important to you.