Values Clarification Worksheet

Understanding your values can help guide your decisions, improve relationships, and bring more meaning to your life. Use this worksheet to reflect on what truly matters to you.

1. **Review the List of Core Values**
   Read through the list and highlight any that resonate with you:
   Achievement, Adventure, Authenticity, Excellence, Security, Resilience, Compassion, Empathy, Fairness, Faith, Truth, Connection, Equity, Perseverance, Family, Courage, Personal Development, Freedom, Vulnerability, Creativity, Pleasure, Friendship, Wisdom, Curiosity, Purpose, Fun, Dependability, Hope, Humor, Self-Acceptance, Self-Compassion, Dignity, Integrity

2. Narrow It Down
From your highlighted words, choose 10 that feel most essential to your life:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

3. Rank Your Top 5
From the 10 above, select your top 5 and rank them:

1.

2.

3.

4.

5.

4. Reflective Questions
– Which value do I currently live most fully?
– Which value do I feel disconnected from right now? Why?
– How could I take a small step toward living this value more fully?
– How has my understanding of this value evolved over time?
– If I embraced this value more, what might change? What could I release?

5. Values in Action
Choose one value to focus on this week:
Value: _____
How can I honor this value in my daily routine or a specific interaction?

_____

Bonus: Value-Based Affirmation
Create a personalized affirmation using one of your values.
Example: "I choose to treat myself with compassion and kindness."
Your Affirmation:

_____

Once you've clarified your values and found realistic ways to align your actions with them, the key is *consistency*. It's your everyday habits—not your unacted-upon fantasies—that form the fabric of your life. And if you find yourself resisting those habits, reflect on that with curiosity. Your resistance is valuable information. It's not the death of your dreams—it's a clue and understanding it can be liberating. And if you can't do that alone, therapy can help.

Yes, the clock is ticking. But obsessing over what we haven't done will only keep us stuck. Instead, if you can, find gratitude for the present moment—for the beauty and the mess—and strike out as if your journey is just beginning. Life is always full of surprises.