

## VALUES CLARIFICATION EXERCISE

*Use this worksheet to reconnect with the values that matter most in your work and  
your life.*

---

### ◆ What Are Values? ◆

Values are the principles that guide how you live, work, lead, and make decisions.

#### Step 1 – Review These 15 Values

Read each value and its definition. You're welcome to add any additional values that feel meaningful to you.

- Clarity** – Seeking understanding and intentional direction
- Equity** – Committing to fairness and conditions where all can thrive
- Community** – Prioritizing connection, belonging, and shared growth
- Integrity** – Acting in alignment with your principles
- Growth** – Learning, evolving, and expanding your capacity
- Courage** – Choosing honesty or action even when fear is present
- Creativity** – Generating new ideas or solutions
- Purpose** – Aligning your life and work with what feels meaningful
- Balance** – Honoring your energy, boundaries, and well-being
- Contribution** – Making a positive impact on people or systems
- Authenticity** – Showing up as your full, honest self
- Compassion** – Approaching yourself and others with empathy
- Excellence** – Striving for high-quality, intentional work
- Freedom** – Valuing autonomy and self-direction
- Stability** – Seeking consistency, grounding, and security

## VALUES CLARIFICATION EXERCISE

*Add any additional values here.*

---

### Step 2 – Choose Your Top 5 Values

Select the five (5) values that best reflect how you want to live, work, and make decisions.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Step 3 – Narrow to Your Core 3 Values

From your top five (5), choose the three values that feel most essential to how you want to live and lead.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step 4 – Quick Reflection

## VALUES CLARIFICATION EXERCISE

For each of your top three values, jot down one sentence about why it matters to you:

**Value 1:**

**Why this matters to me →**

---

**Value 2:**

**Why this matters to me →**

---

**Value 3:**

**Why this matters to me →**

---

Click or tap here to enter text.

### Step 5 – Alignment Check

**What feels aligned right now →**

---

**What feels out of alignment →**

---

**One shift I can make this month →**

---