

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

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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

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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 →
