

Values Assessment Worksheet

Purpose:

Our values are the guiding principles that shape our decisions, relationships, and sense of fulfillment. When we live in alignment with our values, we feel more grounded and whole. When we act against them, we often feel stuck, resentful, or disconnected. This exercise will help you clarify what truly matters most to you, so that you can make choices with intention.

Step 1: Explore Your Values

Read through the list below. Place a checkmark (✓) next to every value that feels important or meaningful to you, even if they seem similar. Don't overthink this step; go with your gut.

Acceptance	Accountability	Achievement	Adventure	Affection
Altruism	Authenticity	Balance	Beauty	Belonging
Calm	Care	Change	Challenge	Collaboration
Commitment	Communication	Community	Compassion	Confidence
Connection	Consistency	Contentment	Contribution	Cooperation
Courage	Creativity	Curiosity	Decisiveness	Dependability
Determination	Discipline	Diversity	Empathy	Empowerment
Equality	Excellence	Fairness	Faith	Family
Flexibility	Freedom	Friendship	Fun	Generosity
Gratitude	Growth	Harmony	Health	Honesty
Honor	Hope	Humility	Humor	Independence
Inner Peace	Integrity	Intimacy	Joy	Justice
Kindness	Knowledge	Learning	Loyalty	Love
Mindfulness	Nature	Nonviolence	Openness	Optimism
Order	Passion	Patience	Peace	Perseverance
Personal Growth	Playfulness	Power	Presence	Professionalism
Purpose	Reliability	Respect	Responsibility	Safety
Security	Self-acceptance	Self-discipline	Self-expression	Service
Sexuality	Simplicity	Spirituality	Stability	Strength
Success	Trust	Truth	Understanding	Unity
Vulnerability	Wealth	Wellness	Wisdom	Wonder

Step 2: Combine and Group

Now, look over the values you selected. Group together the ones that feel similar or connected. Name each group with a word or short phrase that captures the theme.

1. _____ (includes: _____)

2. _____ (includes: _____)

3. _____ (includes: _____)

4. _____ (includes: _____)

5. _____ (includes: _____)

6. _____ (includes: _____)

Step 3: Narrow It Down

From your grouped list, the original values list, or your own add on options, choose the ten values that feel most essential to your identity and well-being.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Step 4: Define Your Core Three

Now, circle or highlight the three values that feel most foundational, the ones you want to consciously use as your compass for decisions, boundaries, and life direction.

1. _____
2. _____
3. _____

Step 5: Reflect and Integrate

1. Why are these three values most important to you? (What do they represent about who you are or who you want to be?)

2. How will these values influence your choices, relationships, or priorities?

3. What does it look like to live fully aligned with these values?

4. What gets in the way of living by these values — and how can you realign when that happens?

Step 6: Your Living Compass

Copy your Core Three Values here as a personal mantra or daily reminder:

- _____
- _____
- _____

When faced with decisions, return to this list and ask yourself: Does this choice honor my core values? Is this action aligned with who I want to be? Living by your values doesn't make life easier, it makes it more true to who you are and in alignment with what is important to you.