

🌟 Find Your Core Values Worksheet

“Your actions show what you believe, even when words fall short.”

◆ Step 1. What Do You Stand For?

Think about moments when you felt proud of yourself or deeply at peace. Those moments point to your values.

Examples

- When I tell the truth, even if it's hard → I value **honesty**.
- When I show up for a friend → I value **loyalty**.
- When I follow through on my plans → I value **discipline**.

📝 Your Turn:

🌱 Where Your Energy Goes

Our values show up in how we spend our **time**, **money**, **words**, and **attention**. These daily choices reveal what we *truly* value — not just what we wish we valued.

✨ *These clues show where your heart already leans. Notice patterns — they're signals of your core Values.*

Reflection Prompts

- 🕒 **Time:** What do I spend the most time doing?
Example: Growth mindset → 🌱 **learning from challenges**, 💪 **effort as a path to mastery**
- 💰 **Money:** What do I spend money on regularly without hesitation?
Example: Healthy lifestyle → 🥗 **nutrition**, 🏃 **exercise**, 😴 **rest**
- 🗣️ **Words & Thoughts:** What do I talk/think about the most?
Example: Family → 🤝 **integrity**, 👣 **leading by example**

- 📖 **Learning:** What subjects am I naturally drawn to?
Example: Attachment → 🧠 **curiosity & learning**
- ❤️ **Meaning:** What could I not live without?
Example: Family → 🤝 **respect**, 🙏 **gratitude**, 🧡 **kindness**, 🧐 **responsibility**

💔 Step 2. What Hurts You the Most? (Wound-Based Clues)

When you feel hurt or angry, a value you care about was likely violated. These hurts point directly to what matters.

Past Hurt	Value Missing	How to Honor It Now
My partner ignored my opinion.	Respect	Speak calmly and ask to be heard instead of staying quiet.
I worked hard but wasn't appreciated.	Recognition	Celebrate small wins and acknowledge others.

📝 **Your Turn:**

⭐ Step 3. Who Do You Admire? (Role Models = Values)



The people you admire reflect the qualities you want to strengthen in yourself.

Person	What You Respect	Values They Model
My grandmother	Kind, never gives up	💖 Compassion + 💪 Perseverance
My coworker	Honest, calm under pressure	🔍 Integrity
A teacher	Patient, fair, encouraging	⌚ Patience

📝 **Your Turn:**

Step 4. Choose Your Top 3–5 Core Values

Look over what you wrote — which ideas repeat? These are your true core values.






Values	What It Means to Me	How I Practice It Daily
Compassion	Caring about people, not just outcomes	 Listen before judging
Discipline	Doing what I said I would do	 17 Keep small promises daily

Your Turn:

Still Unsure? Here's a Helpful List

✨ ✨ *(Includes emojis for quick meaning)*

-  **Common Sense**
-  **Compassion**
-  **Cooperation**
-  **Courage**
-  **Curiosity**
-  **Dedication**
-  **Effort**
-  **Empathy**
-  **Flexibility**
-  **Forgiveness**
-  **Fortitude**
-  **Friendship**
- ✨ ✨ **Honesty**
-  **Humanitarianism**
-  **Humility**
-  **Initiative**
-  **Integrity**
-  **Justice**
-  **Loyalty**
-  **Optimism**

-  Patience
-  Perseverance
-  Problem-Solving
-  Respect
-  Responsibility
-  Self-Discipline
-  Service
-  Sincerity
-  Temperance

Step 5. Living Your Values in Real Life

Your values matter most when life gets stressful.

Morning Reminder Example:

“Today, I will live with **honesty**, **patience**, and **courage**.”

Evening Reflection Example:


“Did I stay true to my values today? Where did I drift?”

Repair Example:

“I wasn’t my best self, but I can choose honesty and kindness next time.”

Your Turn:

Step 6. Reflection

 Which Values feels easiest for me to live by?

🔥 Which one is hardest when I'm stressed or tired?

👐 How does living by my values shape my relationships?

Skills to Use When Your Values Are Violated

When someone crosses a line, respond with integrity — not reactivity.

1 Pause & Regulate

🧠 *Skill:* Grounding, breathwork, EFT

💬 “I feel tension. I’m taking a breath before I respond.”

✨ ✨ Purpose: Stay aligned with your values.

2 Name the Violation Clearly

🗣️ *Skill:* Assertive “I” statements

💬 “I value honesty, and when information was hidden, I felt hurt.”

✨ ✨ Purpose: Clarity without blame.


3 Use Boundaries for Safety

🧑 *Skill:* Compassionate boundaries


💬 “I need space. Let’s talk tomorrow.”

✨ ✨ Purpose: Protect connection + your peace.

Return to Self-Respect


 *Skill:* Self-validation


 “My value of respect still matters, even if someone ignored it.”

 Purpose: Anchor back into your integrity.


Repair with Integrity

 *Skill:* Accountability

 “I wasn’t proud of how I reacted. I value kindness. Let me try again.”


 Purpose: Repair = strength + humility.

Reflect & Realign

 *Skill:* Journaling or “Values Check-In”

Prompts:

- What value was broken?
- How did I respond?
- What will I do differently next time?

 Purpose: Turn pain into wisdom.
