

VALUES DISCOVERY WORKSHEET

Your Compass for Making Meaningful Decisions

Step 1: Brainstorm

Scan the list below and circle or highlight any words that resonate with you:

Sample Values List:

Adventure • Authenticity • Balance • Beauty • Compassion • Community • Creativity • Curiosity • Discipline • Empathy • Excellence • Faith • Family • Freedom • Fun • Generosity • Growth • Honesty • Humor • Impact • Independence • Innovation • Integrity • Joy • Justice • Kindness • Leadership • Learning • Love • Loyalty • Mindfulness • Passion • Peace • Purpose • Resilience • Security • Service • Simplicity • Spirituality • Stability • Strength • Success • Sustainability • Trust • Wealth • Wellness • Wisdom

You can add your own! Think about words that describe your best self or your ideal life.

Step 2: Narrow It Down

From your brainstorm list, choose your **Top 5 Values**.

Write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3: Define What They Mean to You

Now, describe why each value matters to you personally:

- **[Value #1]** means...
- **[Value #2]** means...
- **[Value #3]** means...
- **[Value #4]** means...
- **[Value #5]** means...

(Example: “Freedom means having time and space to do work I love, without being tied to a rigid schedule.”)

Step 4: Align a Decision

Pick a decision you’re currently facing.

Ask yourself:

- Which value(s) does this decision honor?
 - Which value(s) might it compromise?
 - What choice aligns most with who I truly want to be?
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