

# Values Clarification Worksheet

Your Compass for Recovery

Values are your heart's deepest desires for how you want to behave and what you want to stand for in life. They're different from goals - values are ongoing directions, not destinations. In recovery, connecting with your values gives you a powerful reason to stay on track when things get difficult.

## Understanding Values

**Values are NOT:** Goals (e.g., "stay sober for 90 days"), feelings (e.g., "be happy"), or outcomes you can check off a list.

**Values ARE:** Ongoing directions (e.g., "being present with my children," "taking care of my health," "showing up authentically in relationships"). You can never "complete" a value - you keep living it.



## Part 1: Explore Your Values

Check the values below that resonate with you. Add your own if something important is missing.

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> Acceptance     | <input type="checkbox"/> Adventure       | <input type="checkbox"/> Authenticity |
| <input type="checkbox"/> Beauty         | <input type="checkbox"/> Caring          | <input type="checkbox"/> Challenge    |
| <input type="checkbox"/> Compassion     | <input type="checkbox"/> Connection      | <input type="checkbox"/> Contribution |
| <input type="checkbox"/> Courage        | <input type="checkbox"/> Creativity      | <input type="checkbox"/> Curiosity    |
| <input type="checkbox"/> Fairness       | <input type="checkbox"/> Family          | <input type="checkbox"/> Fitness      |
| <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Freedom         | <input type="checkbox"/> Friendship   |
| <input type="checkbox"/> Fun            | <input type="checkbox"/> Generosity      | <input type="checkbox"/> Gratitude    |
| <input type="checkbox"/> Growth         | <input type="checkbox"/> Health          | <input type="checkbox"/> Honesty      |
| <input type="checkbox"/> Humour         | <input type="checkbox"/> Independence    | <input type="checkbox"/> Intimacy     |
| <input type="checkbox"/> Justice        | <input type="checkbox"/> Kindness        | <input type="checkbox"/> Knowledge    |
| <input type="checkbox"/> Learning       | <input type="checkbox"/> Love            | <input type="checkbox"/> Mindfulness  |
| <input type="checkbox"/> Nature         | <input type="checkbox"/> Open-mindedness | <input type="checkbox"/> Patience     |
| <input type="checkbox"/> Peace          | <input type="checkbox"/> Persistence     | <input type="checkbox"/> Respect      |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> Safety          | <input type="checkbox"/> Self-care    |
| <input type="checkbox"/> Service        | <input type="checkbox"/> Simplicity      | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Stability      | <input type="checkbox"/> Strength        | <input type="checkbox"/> Trust        |

Add your own:

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## Part 2: Your Top 5 Values

*From the values you identified, choose your top 5. What matters most to you in your life right now?*

1. 

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2. 

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3. 

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4. 

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5. 

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## Part 3: Living Your Values

*For each of your top 3 values, answer these questions:*

Value #1: 

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### **What does this value look like in action?**

When I'm living this value, what am I doing? How am I showing up?

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### **One small action I can take this week:**

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**What might get in the way?** (thoughts, feelings, cravings, situations)

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Value #2:

**What does this value look like in action?**

When I'm living this value, what am I doing? How am I showing up?

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**One small action I can take this week:**

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**What might get in the way?** (thoughts, feelings, cravings, situations)

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Value #3:

**What does this value look like in action?**

When I'm living this value, what am I doing? How am I showing up?

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**One small action I can take this week:**

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**What might get in the way?** (thoughts, feelings, cravings, situations)

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## Reflection

How does it feel to think about your values? When you imagine taking actions aligned with these values, what shows up for you? Remember: You don't need to feel motivated or confident to take values-based action. You can feel scared, uncertain, or even experience cravings, and still move in your valued direction.