

Values Worksheets

Read through the list of common values below. Circle or highlight any values that resonate with you.

Achievement	Adventure	Authenticity	Balance	Compassion
Connection	Creativity	Faith	Family	Freedom
Friendship	Growth	Health	Honesty	Integrity
Joy	Justice	Kindness	Learning	Love
Loyalty	Peace	Respect	Responsibility	Security
Service	Spirituality	Success	Trust	Wisdom

Now that you've identified several values, narrow your list down to your top five. Rank them in order of importance

Answer the following questions to deepen your understanding of your top values

Why is this value important to me?

How does this value influence my decisions and actions?

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How does this value influence my decisions and actions?

In what ways am I currently living in alignment with this value?

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Choose one value from your top five that you would like to focus on. Write down three specific actions you can take to live more fully in alignment with this value.

Identify someone who can help you stay accountable to your action plan. Share your chosen value and action steps with them, and set up a time to check in on your progress.
