

Values Identification Worksheets

Worksheet 1: Values Discovery (Core Exercise)

Step 1: Select Your Top 10 Values

Circle/underline 10 values that resonate with you:

Achievement, Adventure, Authenticity, Balance, Compassion, Connection, Contribution, Courage, Creativity, Discipline,

Empathy, Family, Freedom, Growth, Happiness, Health, Honesty, Impact, Integrity, Joy, Justice, Kindness, Leadership,

Learning, Love, Peace, Purpose, Respect, Security, Service, Spirituality, Success, Trust, Wealth, Wellbeing, Wisdom

Step 2: Narrow to Your Top 5

1. _____

2. _____

3. _____

4. _____

5. _____

Step 3: Why These 5 Values? (Reflection Prompts)

For each value, reflect:

- Why is this value important to me?
- Where does it show up in my life?

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- What happens when I ignore it?

Worksheet 2: Values Timeline

Instructions: Think about major phases of your life and identify what you valued most.

Life Stage	Key Events	What I Valued Most	How It Shaped Me
Childhood	_____	_____	_____
Teenage Years	_____	_____	_____
Early Adulthood	_____	_____	_____
Now	_____	_____	_____

Worksheet 3: Values in Action

Step 1: Rate Yourself (Scale of 1–10)

Value	Importance (1–10)	Alignment (1–10)	Notes
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

Step 2: Identify Misalignment

- Where am I not living this value consistently?
- What small step can I take to improve alignment?

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Worksheet 4: The 5-Whys Deep Dive

Choose 1 value and answer the 5 Whys:

Value: _____

1. Why is this value important to me?

2. Why is THAT important?

3. Why?

4. Why?

5. Why?

Worksheet 5: Values to Goals Mapping

For each top value, answer:

Value 1: _____

- Daily expression: _____

- Weekly action: _____

- Long-term goal: _____

Repeat for all 5 values.

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Worksheet 6: Values Conflict Solver

Identify two conflicting values:

Value A: _____

Value B: _____

1. Situations where they conflict:

2. Tension this creates:

3. Which value takes priority and why?

4. How can both coexist?

Worksheet 7: Personal Value Manifesto

1. My top 5 values are:

2. These values matter to me because:

3. I commit to living these values by:

4. My aligned goals for the next 3 months:
