

Values Worksheet

Our values are what we hold true and necessary to be ourselves. This exercise attempts to help you put words to your values. Your words don't need to make sense to anyone but you and there are no wrong answers. These values are already in you and part of your gut or inner knowing of yourself.

Don't linger too long on any step as your initial feeling is usually correct and taking longer will move you out of your body into your head. If you find that happening, pause and come back to your body before continuing.

Step 1: Embodiment

Spend 5-10 minutes getting embodied. Do a few sets of physical exercises back to back, or some Wim Hof / breathwork and then come back when you're feeling in your body.

Step 2: Warm Up Prompts

From this embodied place, answer the prompts given. This should help you connect with some truths about yourself and how those feel in your body.

Step 3 - Select Values

Now that you're warmed up from the prompts, go through the list of value words provided and circle / highlight / mark every value that feels true for you. Do not overthink your selection.

If you feel a value that is not on the list, write it down. Feel free to look up other values if the list isn't hitting on everything you value.

Step 4 - Group & Label

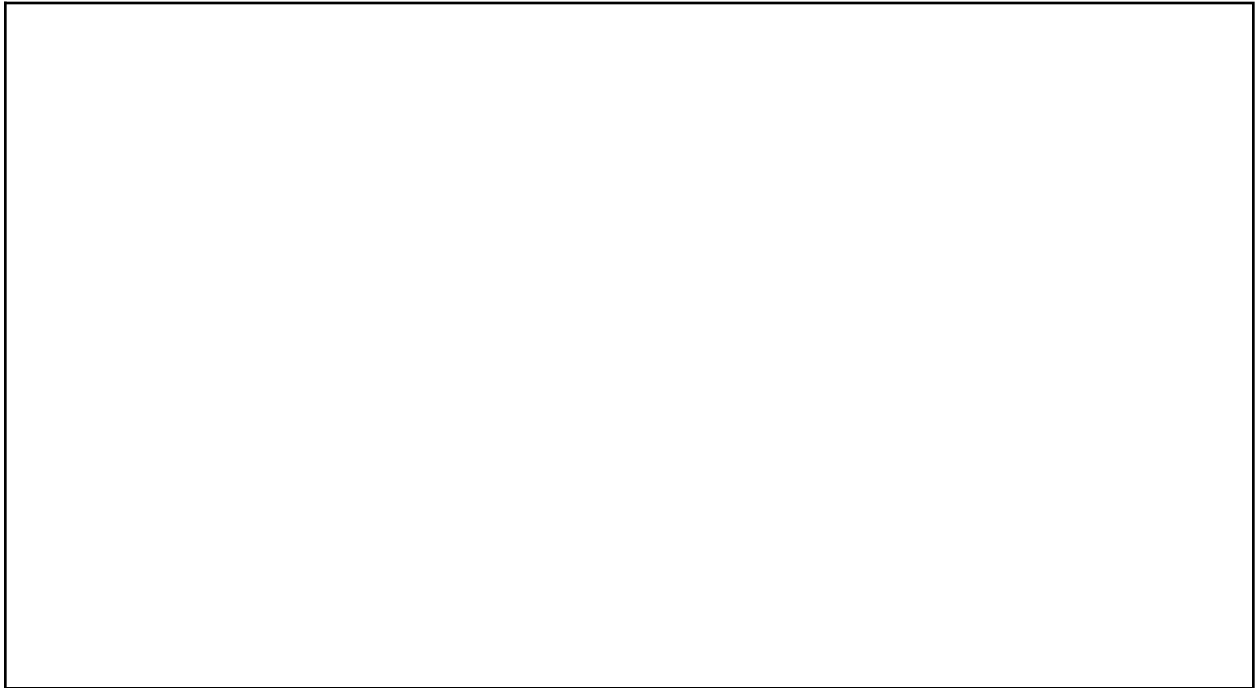
From the list of values you just created, create 1 to 5 groups of values that feel aligned to each other. You can use the sheet with 5 boxes for this, or, you may find it easier to cut out the words and group the words on a blank sheet of paper or use a digital / physical white board.

If you have more than five groupings, drop the least important grouping(s) or merge those words into another group. Once you've made your groups, pick one word from the list, write down any word that represents the **value** for the entire group below it. Do not overthink the word, go with your gut.

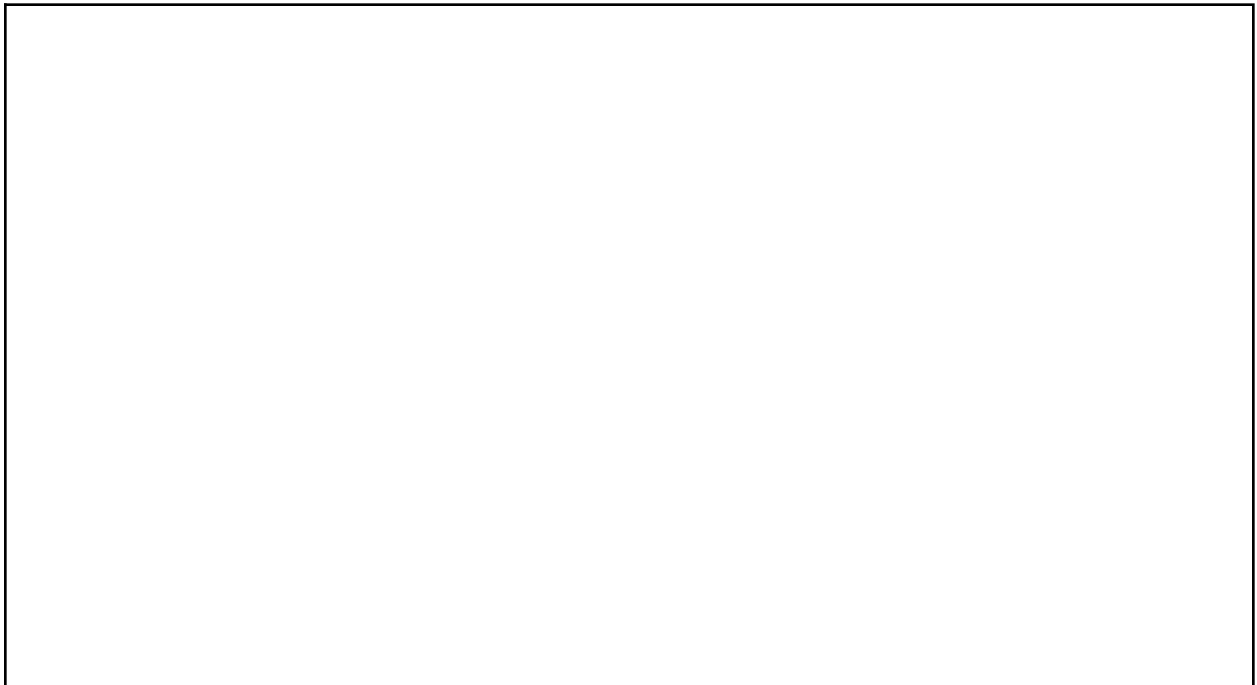
Step 5 - Reflect

Those 1-5 labels are your values. Tell them to yourself and others over the next few days and see how true they feel for you. Revisit this exercise as needed until they feel true.

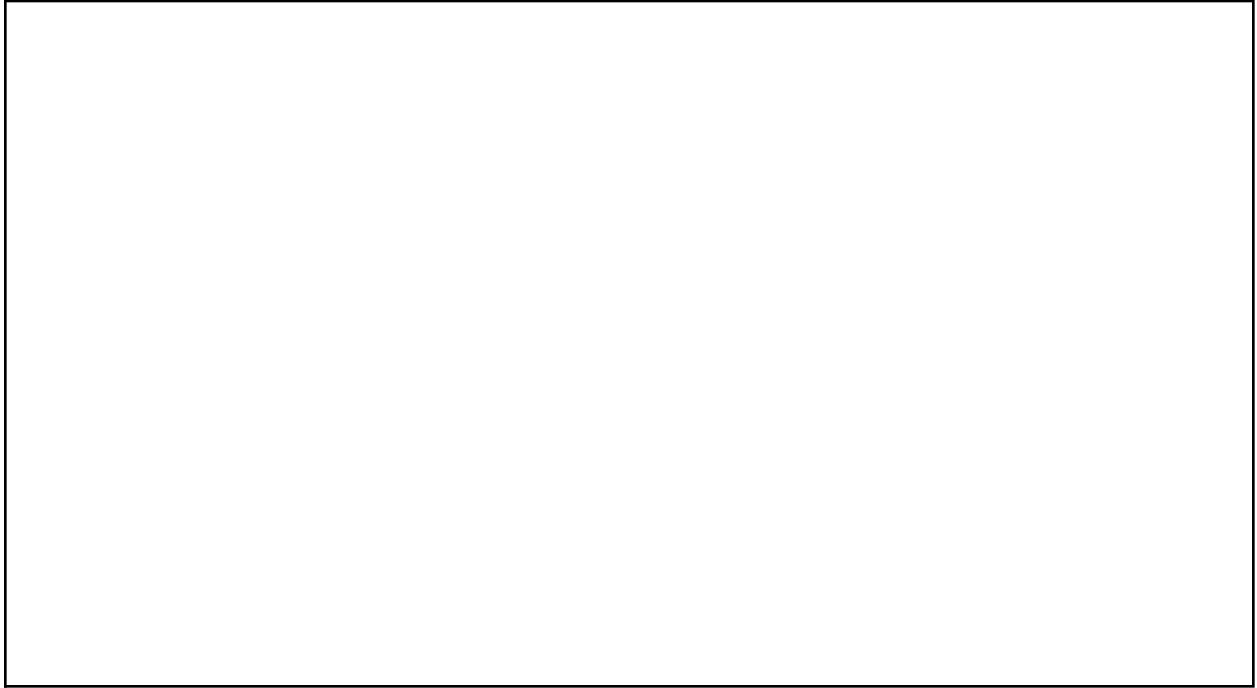
What were the things that gave you joy, contentment, excitement or made you feel very “you” as a child?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

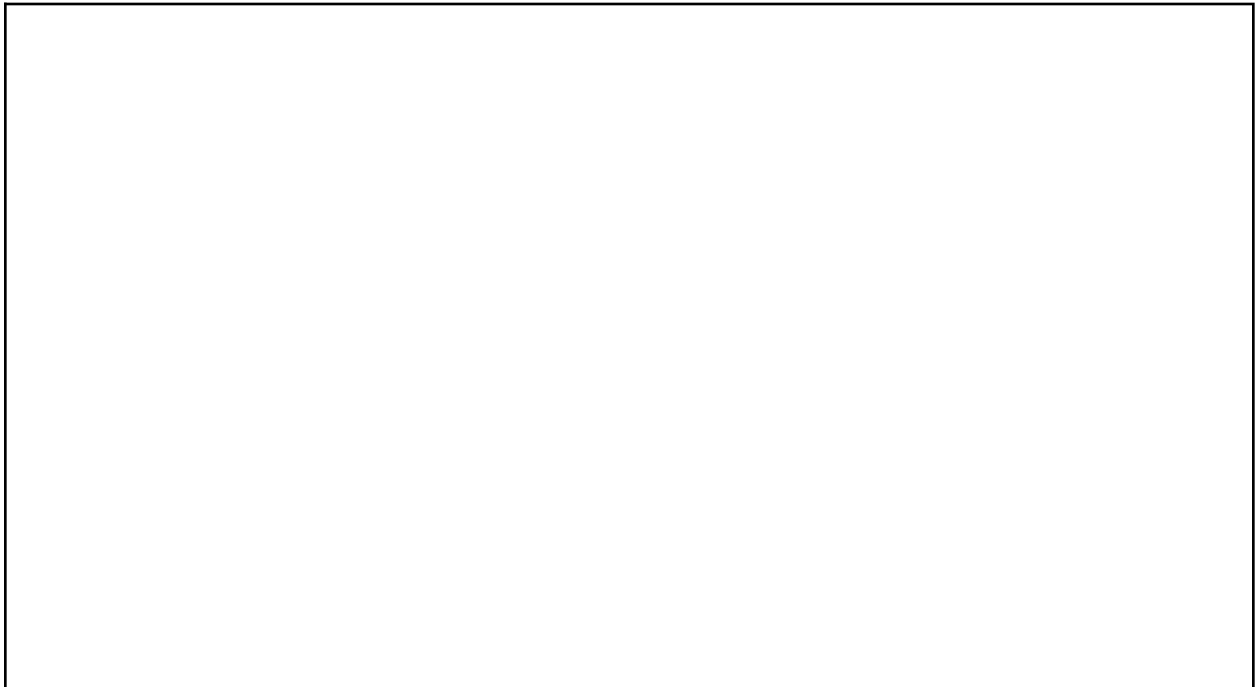
What is it that you have, over your life, and particularly in your early years day-dreamt about?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

When are you the most energized and fulfilled? Why do these moments stick out? Where are you, who are you with, what emotions are you feeling?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the first question.

Make a list of the people you admire most in the world. What traits do they have that you'd like to hold as well?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the second question.

Abundance	Decisiveness	Innovation	Quality
Acceptance	Dedication	Inspiration	Recognition
Accountability	Dependability	Integrity	Relationships
Achievement	Determination	Intelligence	Reliability
Advancement	Discipline	Intuition	Resilience
Adventure	Discovery	Joy	Resourcefulness
Advocacy	Diversity	Justice	Respect
Ambition	Efficiency	Kindness	Responsibility
Appreciation	Empathy	Knowledge	Responsiveness
Attractiveness	Empowerment	Leadership	Risk Taking
Authenticity	Encouragement	Learning	Safety
Autonomy	Entertaining	Love	Security
Balance	Enthusiasm	Loyalty	Self-Control
Benevolence	Ethics	Mindfulness	Service
Boldness	Excellence	Minimalism	Simplicity
Brilliance	Expressiveness	Money	Spirituality
Calm	Fairness	Motivation	Spontaneity
Caring	Faith	Open-Mindedness	Stability
Challenge	Family	Optimism	Success
Charity	Fitness	Organization	Teamwork
Cheerfulness	Flexibility	Originality	Thankfulness
Cleverness	Freedom	Passion	Thoughtfulness
Collaboration	Friendship	Peace	Tradition
Comfort	Fun	Perfection	Traveling
Commitment	Generosity	Performance	Trust
Communication	Gratitude	Personal Development	Truth
Community	Growth	Playfulness	Understanding
Compassion	Happiness	Popularity	Uniqueness
Competency	Hard Work	Power	Usefulness
Consistency	Health	Practicality	Versatility
Contribution	Honesty	Preparedness	Vision
Cooperation	Humility	Proactivity	Warmth
Creativity	Humor	Professionalism	Wealth
Credibility	Inclusiveness	Prosperity	Wisdom
Curiosity	Independence	Punctuality	Zeal

I value: _____

I value: _____

I value: _____

I value: _____

I value: _____