

Values Worksheet

Name	Date	Session #	

Step 1: Identifying your top values

What values are important to you right now? Select up to 20 from the options below. If any values that are significant to you are not on the list, write them in the boxes below.

The Values List

Abundance	Ethics	Leisure		Security
Acceptance	Excellence	Literature		Self-care
Achievement	Excitement	Love		Self-control
Activism	Experimentation	Loyalty		Self-respect
Adaptability	Expertise	Making a difference		Sensuality
Adventure	Family	Music		Simplicity
Aesthetics	Feminism	Nature		Spirituality
Ambition	Financial security	Optimism		Spontaneity
Artistic	Flexibility	Order		Stability
Authenticity	Forgiveness	Passion		Storytelling
Balance	Freedom	Patience		Style
Beauty	Friendship	Peace		Success
Belonging	Fun	Perseverance		Tolerance
Calmness	Generosity	Perspective		Trust
Challenging myself	Gratitude	Physical wellbeing		Truth
Collaboration	Growth	Play		Variety
Communication	Happiness	Pleasure		Wealth
Community	Health	Positivity		Wellbeing
Compassion	Helping others	Power		Wholebeing
Competition	Honesty	Pride		Wisdom
Connection	Humility	Productivity		Wonder
Courage	Humour	Professionalism		
Creativity	Imagination	Purpose		
Curiosity	Independence	Quality		
Dependability	Influence	Quiet times		
Diversity	Inner strength	Recognition		
Duty	Innovation	Relationships		
Efficiency	Inspiring others	Reliability	_	
Emotional intelligence	Integrity	Resilience		
Empathy	Intelligence	Resourcefulness		
Empowerment	Kindness	Respect		
Enthusiasm	Knowledge	Responsibility		
Environmental awareness	Leadership	Results	_	
Equality	Learning	Risk taking		

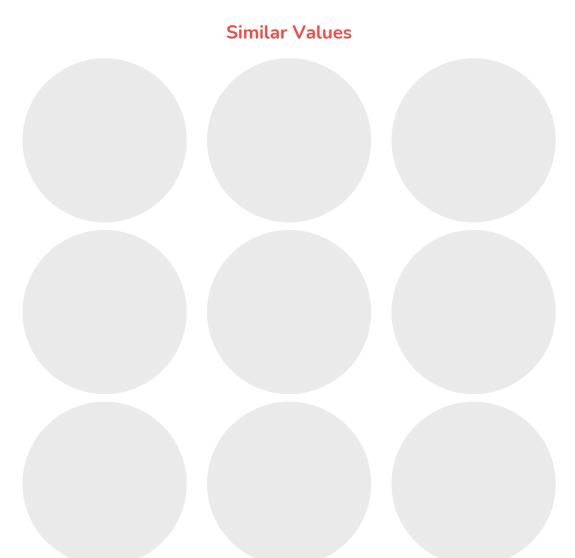




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Step 2: Group common values

List your chosen values from the last activity and organise them into similar categories below.



Step 3: Clarify your top 5 values

List your top 5 most important values below.

1	
2	
3	
4	
5	





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Step 4: How often are you expressing your values?

Add your **five key values** from step 3 to the Values Scale below.

How often are you expressing these values on most days?

Select the percentage of time for each value. For example, "Gratitude 70%."

Note: You can enter a custom percentage in the bottom box if required.

Key

90% = very often, 70% = quite often, 50% = sometimes, 30% = rarely, 10% = very rarely

Value 1	Value 2	Value 3	Value 4	Value 5	
100%	100%	100%	100%	100%	
90%	90%	90%	90%	90%	
70%	70%	70%	70%	70%	
50%	50%	50%	50%	50%	
30%	30%	30%	30%	30%	
10%	10%	10%	10%	10%	

Reflection



