



# 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

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



# Values Worksheet

## Step 2: Group common values

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

### Similar Values


## Step 3: Clarify your top 5 values

List your top 5 most important values below.

1	
2	
3	
4	
5	



# Values Worksheet

## 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

### The Values Scale

Value 1	Value 2	Value 3	Value 4	Value 5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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%
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## Reflection