



Values in Focus

Defining What Drives You

Defining your values is essential to living a purposeful life because your values serve as your internal compass, guiding your decisions, actions, and priorities.

When you are clear on what truly matters to you, you can align your daily choices with your core beliefs, creating a life that feels authentic and fulfilling.

Living in alignment with your values brings a sense of clarity, reducing stress and inner conflict because you are no longer making choices based on external expectations or societal pressures.

Instead, you are intentionally shaping your life in a way that resonates with your deepest sense of self. Without clear values, it's easy to drift through life on autopilot, feeling stuck, unfulfilled, or disconnected.

However, when your actions reflect your values, you cultivate confidence, resilience, and a stronger sense of purpose, allowing you to **thrive**, not just survive.



Purpose

Discover What Truly Matters

This worksheet is designed to help you explore and clarify your core values and the guiding principles that are most important to you in life.

Step 1: Values Exploration

Take a look at the list of values below. Circle or highlight the values that resonate with you the most. Feel free to add any values that aren't listed.

Value List:

- Achievement
- Adventure
- Balance
- Compassion
- Contribution
- Courage
- Achievement
- Adventure
- Balance
- Compassion
- Contribution
- Courage
- Patience
- Peace
- Respect
- Security
- Self-expression
- Spirituality
- Success
- Trust
- Wealth
- Creativity
- Curiosity
- Empathy
- Fairness
- Family
- Freedom
- Friendship
- Fun
- Growth
- Health
- Honesty
- Independence
- Integrity
- Justice
- Learning
- Love
- Loyalty
- Mindfulness
- Passion
- Well-being
- Wisdom



Step 2: Narrowing Down Your Core Values

Now that you've circled a range of values, it's time to narrow down your list. Choose 3–5 values that feel most important to you right now.

My top values are:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3: Reflecting on Your Values

For each of your top values, reflect on the following questions:

Value 1:

- What does this value mean to you?
- How is this value currently showing up or expressing itself in your life?
- Are there areas of your life where this value feels misaligned?
If so, where?

Value 2:

- What does this value mean to you?
- How is this value currently showing up or expressing itself in your life?
- Are there areas of your life where this value feels misaligned?
If so, where?



Value 3:

- What does this value mean to you
- How is this value currently showing up or expressing itself in your life?
- Are there areas of your life where this value feels misaligned?
If so, where?

Value 4:

- What does this value mean to you?
- How is this value currently showing up or expressing itself in your life?
- Are there areas of your life where this value feels misaligned?
If so, where?

Value 5:

- What does this value mean to you?
- How is this value currently showing up or expressing itself in your life?
- Are there areas of your life where this value feels misaligned?
If so, where?



Alignment

Bridging The Gap

Step 4: Alignment Check

Now that you've reflected on your values, ask yourself, how aligned is my current life with these values?

Use a scale of 1–10 (1 = Not aligned at all, 10 = Fully aligned).

Value 1:

Current alignment: ____/10

One action I can take

Value 2:

Current alignment: ____/10

One action I can take:

Value 3:

Current alignment: ____/10

One action I can take:

Value 4:

Current alignment: ____/10

One action I can take:

Value 5:

Current alignment: ____/10

One action I can take:



Final Reflection

Live True To You

- How does it feel to clarify your values?
- What steps will you take to live in greater alignment with your values moving forward?
- What's one small change you can make this week to honour your core values?

Clarifying your values is a powerful step toward living with authenticity, intention, and purpose. Your values shape your decisions, guide your actions, and form the foundation of a fulfilling life.

As you grow, your priorities may evolve—that's why regularly revisiting your values helps you stay aligned and make conscious adjustments. The more you live by your values, the more resilient and confident you become.

Challenges may come, but when you're grounded in what truly matters, you navigate life with clarity and conviction.

Commit to honouring your values in small, consistent ways—through aligned choices, healthy boundaries, and regular reflection. Let your values guide you toward a life that feels meaningful and true to who you are.



Keep On Track

Stay Aligned, Stay Intentional

It's generally recommended to revisit your values exercise at least twice yearly to ensure you're still aligned with what truly matters to you.

However, the ideal frequency depends on your life circumstances and personal growth goals.

Here are some key times when a values check-in can be particularly beneficial:

- Every 6–12 months – As part of regular self-reflection, goal-setting, or personal growth practices.
- During major life transitions – When experiencing changes like career shifts, relationship changes, moving, or significant personal challenges.
- When feeling stuck or unfulfilled – If you're feeling lost, unmotivated, or unsure of your direction, revisiting your values can provide clarity and realignment.
- At the start of a new year or birthday – As a way to reflect on the past and set meaningful intentions for the future.
- After achieving a big goal – To reassess if your values have shifted and what's most important in your next chapter.

Regularly checking in on your values ensures that your decisions, actions, and priorities stay aligned with your evolving sense of self, leading to a more purposeful and fulfilling life.