



Reflect on
Your Values

Reflect on Your Values Worksheet



Introduction: The Importance of Values

Understanding and living by your values is a crucial part of discovering your purpose and living a fulfilled life. Values are the guiding principles that shape our decisions, actions, and attitudes. They reflect what truly matters to us and influence our relationships, careers, and overall well-being. By identifying and embracing your core values, you can make more intentional choices and create a life that aligns with who you are.

Personal Note from Melissa

I'm so glad you're taking this step to reflect on your values. It's an essential part of your journey toward rediscovering your purpose. Take your time with this process and allow yourself to dig deep. Remember, this is a personal journey, and there's no right or wrong answer. Just be true to yourself.

Your coach,
Melissa

Getting Started:

How to Reflect on Your Values

Find a Quiet Space. Find a comfortable and quiet place where you won't be disturbed. Bring a journal or piece of paper and a pen.

Reflect on the List. Take a few moments to read through the list of values. Let each word resonate with you. Consider which values you feel strongly about and which don't resonate as much. Don't see what resonates with you on the list? Add yours.

Select Your Core Values. Choose 10-15 values from the next page that stand out to you the most. Write them down in your journal.

Narrow It Down. From your list of 10-15 values, narrow it down to your top 5-7 core values. These are the values that you believe are essential to who you are.

Reflect on Your Choices. For each of your top values, ask yourself:

Why is this value important to me?

How does this value influence my decisions and actions?

Are there areas in my life where I'm not living in alignment with this value? If so, what changes can I make?

Live Your Values. Use the provided sheet to keep your list of core values somewhere visible as a daily reminder. Reflect on them regularly and strive to align your actions and decisions with these values.

Examples of Values

Acceptance	Compassion	Humility	Reliability
Adventure	Confidence	Humor	Respect
Authenticity	Connection	Inclusivity	Responsibility
Balance	Consistency	Independence	Security
Beauty	Contentment	Integrity	Service
Bravery	Courage	Intuition	Simplicity
Calmness	Creativity	Joy	Spirituality
Caring	Curiosity	Justice	Stability
Charity	Dedication	Kindness	Strength
Collaboration	Dependability	Knowledge	Success
Commitment	Diversity	Leadership	Teamwork
Community	Empathy	Learning	Trust
Compassion	Enthusiasm	Love	Understanding
Confidence	Family	Loyalty	Wisdom
Connection	Flexibility	Mindfulness	
Consistency	Freedom	Motivation	
Contentment	Friendship	Nature	
Courage	Fun	Openness	
Creativity	Generosity	Optimism	

My Top 5 Values and What They Mean to Me

1

2

3

4

5