

Values Clarification: A Worksheet

When you are stuck or overwhelmed, values point the way. A short worksheet to name what matters and act on it. Worksheet.

Values are directions, not goals. A goal can be finished; a value is how you want to keep showing up. When you feel stuck or pulled in every direction, values point the way. Circle the ones that matter most to you right now.

A starting bank of values (circle a few)

honesty · connection · growth · health · creativity · kindness · courage · family · contribution · curiosity · freedom · discipline · fairness · faith · adventure · security · independence · loyalty · humor · service

My top three values right now:

One value I have been neglecting:

One small action this week that honors it:

You cannot fail at a value, you can only step toward it or away from it. Pick one small step and take it, then choose the next.

Learn more: [Values at shrinkdaily.com/concept/values](https://shrinkdaily.com/concept/values)