

VALUES CLARIFICATION WORKSHEET

A therapy tool for identifying what matters most and taking values-based action

Purpose: Values are the qualities, priorities, and principles that help guide how you want to live, relate, choose, and grow. This worksheet is designed to help you name your values, notice where your life feels aligned or misaligned, and choose one small next step that reflects what matters most to you.

This worksheet is for reflection and skill-building. It is not a substitute for mental health treatment, crisis support, or individualized clinical care. If you feel unsafe or in crisis, contact emergency services or a crisis hotline in your area.

Step 1: Explore Possible Values

Circle, highlight, or write down any values that feel important to you right now. Add your own if something is missing.

Authenticity	Acceptance	Accountability	Adventure
Balance	Belonging	Boundaries	Bravery
Calm	Compassion	Connection	Courage
Creativity	Curiosity	Dependability	Discipline
Fairness	Family	Flexibility	Forgiveness
Freedom	Friendship	Generosity	Gratitude
Growth	Health	Honesty	Hope
Humor	Independence	Integrity	Joy
Kindness	Learning	Meaning	Mindfulness
Patience	Peace	Perseverance	Playfulness
Purpose	Respect	Responsibility	Safety
Security	Self-acceptance	Self-compassion	Service
Simplicity	Spirituality	Stability	Trust
Wisdom	Wonder	Work/life balance	Other: _____

Step 2: Narrow Your Values

From the values you selected above, choose up to ten that feel most meaningful. Then narrow those ten down to your top five.

My Top 10 Values	My Top 5 Values
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	
7.	
8.	
9.	
10.	

Step 3: Reflect on What These Values Mean

Values are personal. Two people may choose the same value but define it very differently. Use the prompts below to clarify what your values mean in your own words.

Value	What this value means to me	What this value looks like in daily life
1.		
2.		
3.		
4.		
5.		

Step 4: Check for Alignment

For each top value, rate how closely your current choices, routines, relationships, or goals reflect that value.

Value	Alignment rating 0 = not aligned 10 = very aligned	What supports this value?	What gets in the way?
1.	0 1 2 3 4 5 6 7 8 9 10		
2.	0 1 2 3 4 5 6 7 8 9 10		
3.	0 1 2 3 4 5 6 7 8 9 10		
4.	0 1 2 3 4 5 6 7 8 9 10		
5.	0 1 2 3 4 5 6 7 8 9 10		



Step 5: Choose One Values-Based Action

Choose one value you want to live more intentionally this week. Keep the action small, specific, realistic, and connected to your life.

The value I want to practice:	
One small action I can take:	
When and where I will do it:	
What might get in the way:	
How I can support myself:	

Reflection Questions

1. Which value felt easiest to identify? Which felt harder?
2. Where do you already see your values showing up in your life?
3. Where do you notice a gap between what matters to you and how life currently feels?
4. What is one gentle, doable change that would help you move closer to a value?
5. What would you say to yourself when progress is imperfect?