

Your Values

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Values

Sometimes, it's easy to move through life without fully noticing what's quietly guiding your choices, reactions, relationships, and priorities.

Values often live beneath the surface.

They shape what feels meaningful, aligned, difficult, or deeply true to you.

This workbook is an invitation to slow down and gently explore what truly matters.

Not what you think should matter.

Not what others expect from you.

But the values that feel honest and genuinely your own.

As you move through these pages, some values may feel immediately clear, while others may feel quieter or harder to define.

That's completely okay.

Sometimes clarity comes quickly.

Sometimes it unfolds slowly through reflection and awareness over time.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about creating a perfect list.

It's about becoming more aware of what feels true to you.



Exploring Your Values

On the following pages, you'll find two ways to explore your values.

The first is a shorter, more focused list designed to help you quickly notice what feels meaningful or important.

After that, you'll find a deeper exploration with over 200 values organized into eight categories.

You may prefer one approach over the other, or move between both.

As you read through the values, pay attention to your immediate reactions.

If something feels meaningful, familiar, or important, mark it with one checkbox.

This **first pass** is simply about noticing what stands out.

Then return to the values you marked.

Some may feel more central than others. Some may overlap. Others may feel important, but not essential.

On your **second pass**, mark the values that continue to feel meaningful after more reflection.

Then return once more and identify the values that feel most connected to who you are, how you live, or how you want to move forward.



Exploring Your Values (continued)

From there, gather your strongest values into a **final list**.

You may combine similar values, rename them in your own words, or add values that are not listed.

If you feel uncertain at times, consider:

- *Is this truly important to me?*
- *Is this something I value deeply, or something I feel expected to value?*
- *Does this consistently appear in how I live, choose, or relate to others?*

Clarity often develops gradually through reflection and experience.



A Focused Starting Point – Page 1

A smaller set of values to help you begin noticing what matters. Use the same three-pass approach: mark what stands out, then return to what still feels true, then highlight what feels most central.

Connection & Relationships	Feels True To Me
Honesty	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Trust	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Respect	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Compassion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Kindness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Self & Inner-Life	Feels True To Me
Authenticity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Awareness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Acceptance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Peace	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Resilience	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Growth & Becoming	Feels True To Me
Growth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Learning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Curiosity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Perseverance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Purpose & Meaning	Feels True To Me
Purpose	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Meaning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Contribution	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Legacy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



A Focused Starting Point – Page 2

Achievement & Drive	Feels True To Me
Focus	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Discipline	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Accountability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Excellence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Freedom & Independence	Feels True To Me
Freedom	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Independence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Courage	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Adventure	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Stability & Security	Feels True To Me
Security	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Responsibility	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Balance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Reliability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Joy & Expression	Feels True To Me
Joy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Gratitude	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Creativity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Passion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



A Deeper Exploration

If the shorter list gave you a strong sense of what matters, you can move ahead to the ranking and reflection pages.

If you'd like a broader view, the following pages contain over 200 values organized into eight categories.

Each category explores a different dimension of life:

- how you relate to others
- how you relate to yourself
- how you grow
- what gives life meaning
- how you pursue goals
- your relationship with freedom
- what creates stability
- how you experience joy and expression

You do not need to complete every category.

Move through the sections that feel most relevant or interesting to you.

As you read through the values, some may feel immediately familiar. Others may stand out more gradually.

Use the same three-pass process:

- notice what stands out
- return to what continues to feel meaningful
- identify what feels most central

This section is not about starting over. It's about seeing your values with greater clarity and depth.



Connection & Relationships

How you relate to others and the kind of connections you value

Value	Feels True To Me
Compassion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Empathy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Kindness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Love	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Openness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Understanding	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Honesty	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Loyalty	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Respect	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Trust	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Integrity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Commitment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Courage	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Listening	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Support	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Patience	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Forgiveness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cooperation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Appreciation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fairness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sincerity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Encouragement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Emotional Safety	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Shared Growth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thoughtfulness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Warmth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inclusion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Connection	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Self & Inner Life

How you relate to yourself and your inner world

Value	Feels True To Me
Awareness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Presence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Reflection	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Stillness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Intuition	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Peace	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Calm	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Acceptance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Clarity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mindfulness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Insight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Emotional Balance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Compassion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Resilience	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Centeredness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Self-Respect	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Acceptance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Trust	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Confidence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Truth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Curiosity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Authenticity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Worth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Alignment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Strength	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Awareness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Discovery	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Adaptability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Growth & Becoming

How you evolve, learn, and expand over time

Value	Feels True To Me
Growth	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Learning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Curiosity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Exploration	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Discovery	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Stretch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Expansion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Mastery	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Challenge	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Evolution	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Advancement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Experimentation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Open-Mindedness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Reframing	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Perseverance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Discipline	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Willingness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Effort	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Open to Change	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Becoming	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Transformation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Breakthroughs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Change	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Letting Go	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Renewal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Progress	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Purpose & Meaning

What gives your life direction and deeper significance

Value	Feels True To Me
Purpose	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Meaning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Direction	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Calling	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fulfillment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Significance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Intention	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Contribution	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Impact	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Service	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Taking Responsibility	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Legacy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Value Creation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Positive Influence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Belonging	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Spirituality	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Faith	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Calling	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wholeness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Harmony with Life	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Vision	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Life Path	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Mission	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Devotion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Commitment to Purpose	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Guided Living	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Intentional Living	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Achievement & Drive

How you pursue goals, success, and accomplishment

Value	Feels True To Me
Achievement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ambition	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Drive	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Motivation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Focus	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Determination	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Commitment (to goals)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Persistence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Excellence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
High Standards	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Discipline	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Accountability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Follow-Through	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Execution	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Productivity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Efficiency	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Effectiveness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Goal Achievement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Results	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Performance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Time Management	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Prioritization	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Success	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Accomplishment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Achieving Your Best	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Advancement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recognition	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Momentum	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Freedom & Independence

Your need for autonomy, choice, and personal space

Value	Feels True To Me
Freedom	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Independence	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Autonomy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Choice	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Direction	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Space	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Flexibility	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Spontaneity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Adventure	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wanderlust	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Possibility	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Non-Attachment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Letting things flow	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Openness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Authentic Living	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Being Yourself	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Living on your terms	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Freedom	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Freedom of Thought	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Non-Conformity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Lightness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ease	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Minimalism	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Detachment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Trusting Life	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Open Possibilities	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Stability & Security

Your need for grounding, structure, and a sense of safety

Value	Feels True To Me
Stability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Security	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Safety	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Groundedness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Consistency	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Predictability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Order	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Structure	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Reliability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Dependability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Trustworthiness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Responsibility	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Preparedness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Practicality	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Steadiness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Financial Security	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Comfort	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Support Systems	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Routine	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Planning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Organization	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sustainability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Peace of Mind	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Certainty	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Confidence in the future	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Reliance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inner Security	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Long-Term Stability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Joy & Expression

How you experience life and express who you are

Value	Feels True To Me
Joy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Happiness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Gratitude	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Enjoyment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Playfulness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wonder	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Excitement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Passion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Enthusiasm	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Energy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Aliveness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Inspiration	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Creativity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Delight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Imagination	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Authentic Expression	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Self-Expression	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Artistry	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Originality	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Storytelling	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sharing Yourself	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vulnerability	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Value	Feels True To Me
Celebration	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Appreciation of life	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Beauty	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Awe	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Emotional Expression	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Flow	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Radiance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Living Fully	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Add your own: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Look back at the values that stood out most strongly throughout your earlier reflections.

Begin narrowing them down to the ones that feel most central to who you are and how you want to live. You may combine similar values, rename them in your own words, or let go of values that feel less essential.

Rather than aiming for a perfect list, focus on clarity and relevance. You don't have to fill all 10; just limit it to what matters to you.

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



Describe each value in your own words. The wording does not need to match the original label exactly.

Value #1	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Value #2	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	



Value #3	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Value #4	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	



Value #5	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Value #6	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	



Value #7	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Value #8	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	



Value #9	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Value #10	
What does this value mean to you?	
How does this show up in your life?	
Why does this matter to you?	

Continue Your Journey

Thank you for taking the time to reflect on what matters most to you.

Values are not meant to become rules you must perfectly follow.

They are reminders. Anchors. Quiet reference points you can return to when life feels noisy, uncertain, or disconnected.

Some of the values you identified may already feel deeply present in your life. Others may feel like invitations—parts of yourself you want to reconnect with or make more space for moving forward.

Small moments of awareness can begin to shift the way you make decisions, relate to yourself, and move through the world.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

selfgrowthjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life