# Values Clarification Exercise

## Step 1: What Are Values?

Values are the principles and standards that guide our decisions and actions. They reflect what matters most to us and help us live a meaningful life.

## Step 2: Exploring Your Values

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| Achievement  | Adventure  | Authenticity  | Balance  | Beauty | Belonging  |
| Calmness  | Caring  | Commitment | Community | Compassion  | Connection  |
| Contribution  | Courage  | Creativity | Curiosity  | Dependability  | Determination  |
| Diversity | Empathy | Equality  | Excellence  | Fairness  | Faith  |
| Family | Freedom  | Fun  | Generosity  | Gratitude | Growth |
| Happiness  | Harmony  | Health  | Honesty  | Humor | Independence |
| Integrity  | Justice  | Kindness  | Knowledge | Learning  | Love  |
| Loyalty  | Mindfulness | Open-mindedness | Optimism  | Patience  | Peace  |
| Perseverance | Personal Development | Respect  | Responsibility | Security  | Self-expression |
| Service | Spirituality | Stability  | Success  | Trust  | Wisdom |

Below is a list of possible values. Take your time reviewing them. Circle or highlight any values that resonate with you, even if you are not currently living by them:

## Step 3: Narrowing Down Your Core Values

1. Initial Selection: Circle or highlight at least 10-15 values from the list above.
2. Prioritization: From your initial selection, narrow down to 5 core values that feel most authentic.
3. Of the 5 remaining, select the 2 most important to you.
4. **Reflection Questions:**
* Why are these values important to me?
* How do they show up in my daily life?
* When have I felt most connected to this value?

## Step 4: Bringing Values to Life

For each core value you have identified, reflect on the following prompts:
1. What does this value mean to me?
2. How am I currently living by this value?
3. What is one small action I can take to honor this value this week?

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| --- | --- | --- | --- |
| Core Value | What It Means to Me | How I Currently Live This Value | One Small Action |
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## Step 5: Visualization

Take a few moments to close your eyes and imagine a day where you are fully living in alignment with your core values:
- What does this day look like?
- How do you feel?
- Who are you with?
- What are you doing?

## Step 6: Reflection and Check-In

1. Set a reminder to revisit this exercise in one month.
2. Reflect on your progress:
- Are your actions aligning with your core values?
- Have any values shifted in importance?
- What challenges are you facing in living your values, and how can you address them?