

Personal Values Clarification Worksheet

A practical, reflective tool to help you identify your core values and align your life with what truly matters.

How to Use This Worksheet

Set aside quiet time and answer each section honestly. There are no right or wrong answers. This worksheet is designed for personal reflection, coaching sessions, or classroom use.

Step 1: Reflect on Meaningful Life Moments

Think about moments when you felt fulfilled, proud, or deeply aligned.

- What was happening during that moment?
- Who were you with?
- Why did this moment feel meaningful?

Step 2: Identify Values That Resonate With You

Review the list below and circle 10–15 values that strongly resonate with you.

- Integrity
- Growth
- Freedom
- Family
- Creativity
- Faith
- Service
- Excellence
- Honesty
- Compassion
- Learning
- Stability

- Leadership
- Balance
- Purpose
- Authenticity
- Respect
- Courage
- Community
- Health

Step 3: Narrow Down to Your Top 5 Core Values

From the values you selected, choose your top 5 non-negotiable values.

1. Core Value: _____

Why this value matters to me:

2. Core Value: _____

Why this value matters to me:

3. Core Value: _____

Why this value matters to me:

4. Core Value: _____

Why this value matters to me:

5. Core Value: _____

Why this value matters to me:

Step 4: Assess Alignment With Your Current Life

For each value, reflect on how well your current life aligns with it.

Career / Work:

How am I honoring this value here?

Where am I misaligned?

Relationships:

How am I honoring this value here?

Where am I misaligned?

Personal Growth:

How am I honoring this value here?

Where am I misaligned?

Health & Wellbeing:

How am I honoring this value here?

Where am I misaligned?

Finances:

How am I honoring this value here?

Where am I misaligned?

Spiritual / Inner Life:

How am I honoring this value here?

Where am I misaligned?

Step 5: Identify Value Conflicts

Are there values that conflict with each other? Identify them and decide which takes priority.

Conflicting values:

Which value takes priority and why?

Step 6: Turn Values Into Action

For each core value, write one small action you can take this week to honor it.

Core Value 1:

One action I will take:

Core Value 2:

One action I will take:

Core Value 3:

One action I will take:

Core Value 4:

One action I will take:

Core Value 5:

One action I will take:

Reflection Note: Living in alignment with your values builds clarity, confidence, and fulfillment. Revisit this worksheet whenever you feel stuck or uncertain.