

Values Clarification Worksheet

Instructions: Take some time to reflect on the following list of values. Choose the 10 values that resonate most with you, then reflect on them for 24 hours. After that, choose 5 values from your original list and reflect on them for another 24 hours. Finally, choose the top 3 values that you want to strive to live by for the next 5 to 10 years.

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|-----------------|-------------------|---------------------|
| 1. Acceptance | 18. Determination | 35. Honesty |
| 2. Achievement | 19. Discipline | 36. Humility |
| 3. Adventure | 20. Empathy | 37. Independence |
| 4. Authenticity | 21. Excellence | 38. Integrity |
| 5. Balance | 22. Fairness | 39. Intimacy |
| 6. Beauty | 23. Family | 40. Joy |
| 7. Calmness | 24. Flexibility | 41. Kindness |
| 8. Charity | 25. Forgiveness | 42. Leadership |
| 9. Cleanliness | 26. Freedom | 43. Learning |
| 10. Comfort | 27. Friendship | 44. Love |
| 11. Commitment | 28. Fun | 45. Loyalty |
| 12. Compassion | 29. Generosity | 46. Mindfulness |
| 13. Confidence | 30. Grace | 47. Open-mindedness |
| 14. Connection | 31. Gratitude | 48. Orderliness |
| 15. Cooperation | 32. Growth | 49. Passion |
| 16. Creativity | 33. Happiness | 50. Patience |
| 17. Curiosity | 34. Health | |

51. _____
52. _____
53. _____
54. _____
55. _____
56. _____
57. _____
58. _____
59. _____
60. _____

Reflect on these values for 24 hours, then choose your top 5 values:

1. _____
2. _____
3. _____
4. _____
5. _____

Reflect on these values for another 24 hours, then choose your top 3 values:

1. _____
2. _____
3. _____

Congratulations on identifying your top 3 values! These values can serve as a guide for your daily actions and help you stay on course with your personal goals and aspirations. Remember that values can change with major life events and should be reflected on each year.