

# Values Clarification Exercise

## A Guide to Discovering What Truly Matters to You



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### Introduction

Values are the principles that give our lives meaning and help guide our actions. When we live in alignment with our core values, we experience greater fulfilment, purpose, and wellbeing. However, many of us have never taken the time to consciously identify what our values actually are.

This Values Clarification Exercise is designed to help you discover, articulate, and prioritize your personal values. By becoming more aware of what truly matters to you, you can make decisions that honour your authentic self and create a life that feels meaningful and satisfying.

#### **Benefits of clarifying your values include:**

- Making decisions with greater confidence and clarity
- Reducing inner conflict and stress
- Creating goals that are personally meaningful
- Developing stronger resilience during challenging times
- Living with greater purpose and intention

*Take your time with this exercise. There are no right or wrong answers—only what is true and meaningful for you.*

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### Part 1: Values Exploration

#### **Instructions:**

1. Review the list of value words below
2. Circle or highlight any values that resonate with you
3. Add any important values that aren't on the list
4. Don't overthink—this is just an initial exploration

#### **Values List**

##### **Achievement & Growth Values**

- Accomplishment
- Challenge
- Competence
- Continuous learning
- Creativity
- Development
- Excellence
- Growth
- Innovation
- Knowledge
- Mastery
- Progress
- Self-improvement
- Skill
- Wisdom

### **Relational Values**

- Acceptance
- Belonging
- Care
- Collaboration
- Communication
- Community
- Compassion
- Connection
- Empathy
- Family
- Friendship
- Generosity
- Harmony
- Intimacy
- Kindness
- Love
- Loyalty
- Respect
- Service
- Support
- Trust
- Understanding

### **Wellbeing Values**

- Balance
- Calm
- Comfort
- Contentment
- Flexibility
- Health
- Joy

- Laughter
- Peace
- Pleasure
- Presence
- Rest
- Self-care
- Simplicity
- Stability
- Tranquility

### **Ethical & Spiritual Values**

- Authenticity
- Compassion
- Fairness
- Faith
- Forgiveness
- Gratitude
- Honesty
- Humility
- Integrity
- Justice
- Meaning
- Morality
- Purpose
- Reverence
- Spirituality
- Stewardship
- Truthfulness
- Virtue

### **Autonomy & Freedom Values**

- Adventure
- Autonomy
- Choice
- Curiosity
- Discovery
- Diversity
- Exploration
- Freedom
- Independence
- Individualism
- Non-conformity
- Open-mindedness
- Self-determination
- Self-expression
- Uniqueness

### **Structure & Security Values**

- Consistency
- Dependability
- Duty
- Efficiency
- Order
- Planning
- Predictability
- Protection
- Reliability
- Responsibility
- Safety
- Security
- Stability
- Structure
- Tradition

**Additional Values**

- Appreciation
- Beauty
- Boldness
- Contribution
- Courage
- Culture
- Determination
- Equality
- Impact
- Influence
- Leadership
- Legacy
- Passion
- Power
- Prestige
- Recognition
- Status
- Success
- Wealth

**Your Additional Values:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Part 2: Values Reflection

### Instructions:

Now that you've identified values that resonate with you, take some time to reflect more deeply on what these values mean in your life.

For each of the following questions, write freely for 2-3 minutes:

1. **Think of a time when you felt most alive and fulfilled. What values were you honoring in that moment?**

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2. **Consider a situation when you felt uncomfortable or conflicted. What values might have been compromised?**

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3. **If you had all the courage and resources needed, how would you live differently? What values would this express?**

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4. **Which values did your family of origin emphasize? Which of these do you want to keep, and which would you like to reconsider?**

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5. **What do you want to be remembered for? What values underlie this legacy?**

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## Part 3: Core Values Identification

### Instructions:

1. Based on your exploration and reflection, select 10-15 values that seem most important to you right now
2. Write these values in the space below
3. Then narrow your selection to your top 5-7 core values

### My Important Values (10-15):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### My Core Values (5-7):

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
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## **Part 4: Values Definition**

### **Instructions:**

For each of your core values, create a personal definition of what this value means to you specifically. This helps clarify how you uniquely understand and express this value.

### **Example:**

**Creativity:** For me, creativity means approaching life with curiosity and imagination, finding new ways to express myself, and being willing to experiment and learn from the process rather than focusing only on outcomes.

**My Personal Value Definitions:**

**Core Value 1:** \_\_\_\_\_ My definition:

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**Core Value 2:** \_\_\_\_\_ My definition:

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**Core Value 3:** \_\_\_\_\_ My definition:

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**Core Value 4:** \_\_\_\_\_ My definition:

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**Core Value 5:** \_\_\_\_\_ My definition:

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**Core Value 6:** \_\_\_\_\_ My definition:

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**Core Value 7:** \_\_\_\_\_ My definition:

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# Part 5: Living Your Values

## Instructions:

For each core value, identify:

1. How you currently honor this value in your life
2. Where there might be a gap between this value and your current behaviors
3. One specific action you could take to align more fully with this value

## Value-Action Plan

**Core Value 1:** \_\_\_\_\_

How I currently honor this value:

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Where there might be gaps:

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Action to align more fully:

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**Core Value 2:** \_\_\_\_\_

How I currently honor this value:

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Where there might be gaps:

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Action to align more fully:

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**Core Value 3:** \_\_\_\_\_

How I currently honor this value:

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Where there might be gaps:

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Action to align more fully:

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**Core Value 4:** \_\_\_\_\_

How I currently honor this value:

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Where there might be gaps:

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Action to align more fully:

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**Core Value 5:** \_\_\_\_\_

How I currently honor this value:

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Where there might be gaps:

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Action to align more fully:

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## Part 6: Values in Decision Making

Your values can serve as a powerful compass for making decisions, both big and small. When facing a choice or dilemma, try using this values-based decision-making process:

1. **Identify the decision to be made:**

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2. **List your options:**

- Option A:

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- Option B:

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- Option C:

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3. **Review your core values:**

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4. **For each option, consider:**

- How does this option honor or conflict with my core values?
- Which values are prioritized in this option?
- Which values might be compromised?

**Option A Value Alignment:**

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**Option B Value Alignment:**

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**Option C Value Alignment:**

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5. **Decision and reasoning:**

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## Part 7: Ongoing Values Check-In

Values can evolve over time as we grow and our life circumstances change. Consider reviewing your values every 6-12 months, or when facing major life transitions.

### Reflection Questions for Future Check-Ins:

- Do my identified core values still resonate with me?
- Have any new values emerged as important in my life?
- How well am I living in alignment with my values?
- What adjustments might help me honor my values more fully?
- What have I learned about myself through living these values?

**Date of next values review:** \_\_\_\_\_

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## Conclusion

Remember that clarifying your values is not a one-time exercise but an ongoing process of self-discovery. As you become more conscious of your values and intentional about living them, you may notice:

- Greater clarity in decision-making
- More authentic relationships
- Increased resilience during challenges
- A deeper sense of meaning and purpose
- More consistent actions aligned with your true self

By understanding what truly matters to you, you create the foundation for a life of greater integrity, fulfillment, and wellbeing.

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## Additional Resources from Positive 4 Mind

- **Values-Based Mindfulness Meditation:** Download our guided meditation for connecting with your values at [positive4mind.com/values-meditation](https://positive4mind.com/values-meditation)
  - **Values in Action Workshop:** Join our monthly online workshop where we explore practical ways to live your values. Details at [positive4mind.com/workshops](https://positive4mind.com/workshops)
  - **Personal Values Coaching:** Schedule a one-on-one session with our coaches to explore how to align your life more fully with your core values. Book at [positive4mind.com/coaching](https://positive4mind.com/coaching)
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