

Values Checklist

Values are qualities you want to express through the way you live—not goals you must finish or standards you must meet perfectly. Review the words below and mark any that feel personally meaningful. Add your own words wherever needed.

FIRST PASS Mark as many values as you like. You will narrow the list on page 2.

Relationships

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Affection | ☐ Belonging |
| ☐ Compassion | ☐ Connection |
| ☐ Family | ☐ Friendship |
| ☐ Intimacy | ☐ Loyalty |
| ☐ Partnership | ☐ Trust |

Well-being

- | | |
|------------------------------------|------------------------------------|
| ☐ Balance | ☐ Health |
| ☐ Joy | ☐ Peace |
| ☐ Play | ☐ Rest |
| ☐ Safety | ☐ Self-care |
| ☐ Stability | ☐ Vitality |

Work & daily life

- | | |
|---|--|
| ☐ Competence | ☐ Dependability |
| ☐ Excellence | ☐ Focus |
| ☐ Independence | ☐ Organization |
| ☐ Persistence | ☐ Productivity |
| ☐ Responsibility | ☐ Security |

Character & principles

- | | |
|---|------------------------------------|
| ☐ Acceptance | ☐ Fairness |
| ☐ Forgiveness | ☐ Integrity |
| ☐ Justice | ☐ Kindness |
| ☐ Patience | ☐ Respect |
| ☐ Responsibility | ☐ Wisdom |

Personal growth

- | | |
|--|---|
| ☐ Authenticity | ☐ Curiosity |
| ☐ Courage | ☐ Creativity |
| ☐ Growth | ☐ Honesty |
| ☐ Humility | ☐ Learning |
| ☐ Open-mindedness | ☐ Self-awareness |

Purpose & contribution

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Achievement | ☐ Advocacy |
| ☐ Community | ☐ Generosity |
| ☐ Helping | ☐ Leadership |
| ☐ Meaning | ☐ Service |
| ☐ Stewardship | ☐ Teamwork |

Freedom & experience

- | | |
|--------------------------------------|--------------------------------------|
| ☐ Adventure | ☐ Choice |
| ☐ Exploration | ☐ Flexibility |
| ☐ Freedom | ☐ Fun |
| ☐ Novelty | ☐ Spontaneity |
| ☐ Travel | ☐ Variety |

Inner life

- | | |
|---------------------------------------|--------------------------------------|
| ☐ Faith | ☐ Gratitude |
| ☐ Hope | ☐ Mindfulness |
| ☐ Nature | ☐ Reflection |
| ☐ Spirituality | ☐ Tradition |
| ☐ Wonder | ☐ Purpose |

Other values that matter to me: _____

From Values to Action

Return to the values you marked. Choose five that feel most important in the life you want to build right now. There are no perfect answers, and priorities may change over time.

My five priority values

Value	What it means to me	One small action

Which value feels most important to practice this week?

What could make acting on this value difficult?

What is one realistic step I can take in the next seven days?

Who or what could support me?

Values can guide direction even when emotions are difficult or outcomes are uncertain. Start with actions that are specific, manageable, and within your control.