

Values

Clarifying What Matters Most Worksheet

What are Values?

Values involve identifying and clarifying personal core values—the desired qualities of ongoing action that give life meaning and direction. Values are not goals to be achieved but chosen life directions that guide decision-making and behavior.

Values are about how you want to behave on an ongoing basis—the kind of person you want to be, how you want to treat others, and what you want to stand for. They are chosen directions, not destinations. You never "complete" a value; you live it through your actions.

Key Characteristics:

- Identifying what truly matters to the individual
- Clarifying desired qualities of action across life domains
- Connecting actions to personal meaning and purpose
- Guiding meaningful life direction and decision-making
- Providing motivation for behavior change

| Exercise 1: Life Domains Values Clarification

Duration: 30-45 minutes | Difficulty: Beginner

Purpose: Identify values across different areas of life

Instructions:

For each life domain, ask yourself: "What kind of person do I want to be in this area? What qualities do I want to bring? What matters most to me here?"

RELATIONSHIPS (intimate/romantic):

My values:

FAMILY:

My values:

FRIENDSHIPS/SOCIAL LIFE:

My values:

WORK/CAREER:

My values:

[Empty dashed box for notes]

EDUCATION/LEARNING:

My values:

[Empty dashed box for notes]

HEALTH/PHYSICAL WELL-BEING:

My values:

[Empty dashed box for notes]

RECREATION/LEISURE:

My values:

[Empty dashed box for notes]

SPIRITUALITY/PERSONAL GROWTH:

My values:

[Empty dashed box for notes]

COMMUNITY/CITIZENSHIP:

My values:

Review your values and circle your top 3-5 most important values overall:

Reflect:

Which domains are you currently living in alignment with your values?

Which domains need more attention?

| Exercise 2: Values vs. Goals

Duration: 15 minutes | Difficulty: Beginner

Purpose: Understand the difference between values and goals

Understand the distinction:

- **GOALS** are achievable outcomes (you can complete them)
- **VALUES** are ongoing directions (you never complete them)

Examples:

- Goal: "Get married" → Value: "Being a loving, supportive partner"
- Goal: "Lose 20 pounds" → Value: "Taking care of my health"
- Goal: "Get a promotion" → Value: "Being competent and contributing at work"

For each goal you have, identify the underlying value:

My Goal:

Underlying Value:

My Goal:

Underlying Value:

My Goal:

Underlying Value:

Key Insight: You can live your values TODAY, even if you haven't achieved the goal. You can live your values even if you never achieve the goal. Values give you direction regardless of outcomes.

For each value above, what's one small thing you could do TODAY to live this value?



Exercise 3: The Tombstone Exercise

Duration: 20 minutes | Difficulty: Intermediate

Purpose: Clarify core values through reflection on legacy

Instructions:

Imagine you're at the end of your life. People who knew you are reflecting on your life.

What would you want them to say about:

How you treated others?

What you stood for?


The kind of person you were?

What you contributed?

How you handled challenges?



Now, imagine your tombstone. What 4-6 words would you want on it that capture how you lived?



These words likely reflect your core values.

Reflect:

Am I currently living in alignment with these values?

[Empty dashed box for reflection]

What would I need to do differently to live these values more fully?

[Empty dashed box for reflection]

What small step could I take today toward these values?

[Empty dashed box for reflection]

Exercise 4: Bull's Eye Exercise

Duration: 20 minutes | Difficulty: Intermediate

Purpose: Assess current alignment with values

Instructions:

For each life domain, rate where you are currently:

- **10 (Bull's eye):** Living fully aligned with values
- **5-7 (Middle rings):** Somewhat aligned
- **1-4 (Outer rings):** Not aligned with values

Relationships: Rating (1-10): _____

What's getting in the way?

What would move me closer to the center?

Family: Rating (1-10): _____

What's getting in the way?

What would move me closer to the center?

Work/Career: Rating (1-10): _____

What's getting in the way?

What would move me closer to the center?

Health: Rating (1-10): _____

What's getting in the way?

What would move me closer to the center?

Personal Growth: Rating (1-10): _____

What's getting in the way?

What would move me closer to the center?

Reflect:

Which domain needs the most attention?

What's one domain you could focus on this week?

Practice Tips:

- Values are not goals—they're ongoing directions
- There are no "right" values—only yours
- Values can evolve over time
- Use values as a compass for decision-making
- The gap between values and current behavior is information, not judgment
- You can live values today, regardless of whether you've achieved goals
- Goals are fine—but they serve values
- Small movements toward values count

- Reassess regularly to track progress

Hexaflex Model - Acceptance and Commitment Therapy (ACT)

Practice regularly to develop psychological flexibility