

## Personal Values Worksheet

A Values Clarification exercise can help you explore and clarify the things you hold meaningful and important on a personal level. Our values can guide how we choose to focus our energy and time.

1. Start by indicating the relative importance of each domain for you, placing an X under “not important”, “somewhat important”, or “very important”, as appropriate. You may want to add your own domains at the bottom of the worksheet.
2. Next, for the domains you marked as “somewhat important” or “very important”, write a few words that sum up your core value. Consider using the phrase, “to be...”.
3. Finally have a good look at what you’ve written. What does this tell you about: a) What is important in your life? b) What you are currently neglecting?

### This worksheet has 10 categories:

- *Intimate relationships* – What sort of partner would you ideally like to be? How would you describe your ideal relationship? What sort of behaviors do you aspire to show toward a significant other?
- *Parenting* – What kind of mother or father do you aspire to be? Are there particular qualities you’d like to role model for your kids? How would you describe your ideal relationships with them?
- *Education & Learning* – What do you value about learning, education, training, or personal growth? What new skills would you like to learn? What knowledge would you like to gain? What further education appeals to you? What sort of student would you like to be?
- *Friends & Social Life* – What sort of qualities would you like to bring to your friendships? If you could be the best friend possible, how would you behave towards your friends? What sort of friendships would you like to build? How would you like your friends to see you as a person?
- *Physical Self-Care & Health* – What are your values related to maintaining your physical well-being? How do you want to look after your health, with regard to personal care, sleep, diet, exercise, smoking, alcohol, etc? Why is this important?
- *Family of Origin* – What sort of relationships would you like to build with your family? How would you interact with others if you were the ideal you in these relationships?
- *Spirituality* – Relevant questions here will concern religion, personal beliefs about anything that’s meaningful at a deeper or bigger level.
- *Social citizenship/Environment* – How would you like to contribute to your community or environment? What sort of environments would you like to create at home, and at work? What environments would you like to spend more time in?
- *Recreation & Leisure* – What kinds of activities appeal to you for fun? How would you enjoy spending your down time? What’s exciting for you? Relaxing?
- *Work/career* – What career goals matter to you? What kind of employment? Do you aspire to particular qualities as a worker? What sort of professional relationships do you want to develop?

<b>Domain</b>	<b>Not Important</b>	<b>Somewhat Important</b>	<b>Very Important</b>	<b>Value</b>
<b>Intimate Relationships</b>				
<b>Parenting</b>				
<b>Education &amp; Learning</b>				
<b>Friends &amp; Social Life</b>				
<b>Physical Self-Care &amp; Health</b>				
<b>Family of Origin</b>				
<b>Spirituality</b>				
<b>Social Citizenship / Environment</b>				
<b>Recreation &amp; Leisure</b>				
<b>Work &amp; Career</b>				
<b>Other:</b>				
<b>Other:</b>				

## Commit to Putting Your Values in Action

The next step is **select your top two or three most important value domains** from above and make a note of them in the left-hand column on the next worksheet.

1. **List your intentions** in the second column – the things you'd be doing if you could get past all the painful thoughts and feelings that keep you from acting 100% according to your values. Focus on small, specific measurable actions: what you will do exactly (actions and words), whom you will do this with, where and in what situations you will do it, and when you will do it.

**Examples:**

Hug my partner when I greet him/her after work.

Add a vegetable to lunch and dinner meals.

Verbalize appreciation to my partner each day.

Reach out to a friend and focus on listening.

Add 15 minutes of quality time with my child each day.

2. Close your eyes and **visualize yourself doing each of your intentions**. Imagine what it will be like. Notice any thoughts or feelings that might be barriers and tend to stop you from following through on your intentions. Write those in the barriers column.
3. Finally **commit to putting your values into action**. Use the log to record the number of times you acted on each of your intentions each week.

Moving in the direction of our values requires commitment and willingness to experience some discomfort in the service of our values. Focus on small steps and if those feel overwhelming, make them smaller so that you can build success.

Values clarification helps with chronic anger by taking your attention away from the frustration of the moment to where you really want to go. It lifts depression by getting you into action. It can motivate you to stop avoiding situations that make you anxious. And it can help you get past feelings of shame and guilt.

As you build this habit of following through on your valued intentions, you can begin to ask yourself in situations, "What's important to me in this situation? What do my values suggest that I should be doing?"

Revisit your values from time to time. Your values, like your life, will evolve with time.

If you get stuck with the barriers, reach out to a [therapist](#) for help identifying new strategies.

**Values in Action Log**

Most important domains and values	Intentions (in detail: who, what, when, where & how)	Barriers (feelings and thoughts that keep me from acting on my intentions)	Number of times I acted on my intention during week number...						
			1	2	3	4	5	6	7
Domain:   Value:									
Domain:   Value:									
Domain:   Value:									