

My Values List

Discover your Core Values

Your values are the compass that guide your choices, your relationships, and the way you show up in the world. When you're unclear on them, it's easy to lose yourself in people-pleasing, over-giving, or living by someone else's script. When you know them, you gain clarity, confidence, and the ability to live life on your terms.

This simple exercise will help you uncover the values that matter most to you.

How to Use This Resource

- 1. Print or open the list.** Have it in front of you—on paper or on your screen.
- 2. Read slowly.** As you go through, highlight or circle every word that resonates. Notice what makes you pause, feel something, or think Yes, that's me. Feel free to add a value to your list if it is not listed.
- 3. Refine step by step.** Go back through your highlighted words. Begin narrowing the list down. Round by round, refine until you're left with your top 3-5 core values.
- 4. Sit with them.** Reflect: How do these values show up in my life—or how don't they? Am I living in alignment with what I say I value?
- 5. Use them as your compass.** Keep your chosen values close—on a sticky note, in your journal, or in your phone—as daily reminders of what truly matters.

The Values List

Connection & Relationships

Belonging, Family, Loyalty, Friendship, Love, Community, Intimacy, Support

Personal Growth & Integrity

Self-respect, Stability, Authenticity, Honesty, Courage, Freedom, Growth, Self-expression, Learning

Contribution & Impact

Peace, Wisdom, Leadership, Justice, Service, Legacy, Respect, Contribution, Purpose

Health & Well-being

Balance, Energy, Vitality, Rest, Adventure, Play, Health

Achievement & Creativity

Excellence, Ambition, Wealth, Reputation, Creativity, Curiosity, Innovation, Mastery, Fun

Your values may change over time so revisit them. Your values are not rules, they're guides and reminders to live by. They point you back to what feels true, even when life gets noisy. They also guide decision-making, helping you choose what aligns with who you truly are.

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