

EXPLORING VALUES

WHAT ARE VALUES?

Values are often unspoken rules that guide the way we live our lives. If you value something, you often prioritize that in your life. Think about the person you are, the way you live, how you talk and act around others, what you believe, and you'll start seeing your values and what you place importance on.

BENEFITS OF EXPLORING VALUES

- ▶ Builds awareness, integrity, self-respect, self-love, authentic self-expression, and personal empowerment.
- ▶ Allows us to find new pathways that align with who we really are.
- ▶ Helps us find our passions and ways to live more purposefully.

THE TAKEAWAY

Values play a huge role in identifying our motivations and what drives our decision-making processes. Understanding these things gives us more personal power as we make choices for the future.

HOW TO USE THIS TOOL

INSTRUCTIONS: **VALUE CARDS**

- Print and cut all of the cards.
- Put the orange cards at the top of your working space from “not my vibe” to “best of the best.”
- Read and sort the value cards under each category (try not to overthink it 😊). There is no right or wrong way to sort the cards, just sort them all by how important they are to you today.
- Once all the cards are placed, take all the cards from the “best of the best” category and rank them in order of what you place the most value in.

OR

INSTRUCTIONS: **VALUES LIST**

- Read through the list of values.
- Cross off each value that you does not resonate with you.
- Circle all the values that are important to you.
- Draw a star next to your top 10 values.
- Rank your most important values from 1 to 10, with “1” being what you place the most value in.

WHEN YOU ARE FINISHED SORTING AND RANKING THE CARDS OR THE LIST: CONTINUE TO THE REFLECTION PROMPTS

HOW DO YOUR VALUES SUPPORT YOUR GOALS?

HOW DO YOUR VALUES CHALLENGE YOUR GOALS?

HOW DO YOUR VALUES CONNECT TO THE THINGS THAT ACTIVATE
(OR TRIGGER) YOU?

WHAT DID YOU LEARN ABOUT YOURSELF? DID ANYTHING
SURPRISE YOU?

EXPLORING VALUES



NOT MY VIBE

**I'M
INDIFFERENT**

**DEF
IMPORTANT
TO ME**

**BEST
OF THE BEST**

ADVENTURE

Embracing new, exciting,
and daring experiences.

AUTHENTICITY

Being genuine and true to
oneself.

BALANCE

Maintaining stability between
different life aspects.

BELONGING

Feeling accepted and
included by others.

BOLDNESS

Embracing daring actions
with confidence.

CARING

Showing concern and
kindness for others.

COLLABORATION

Working together to
achieve common goals.

COMPASSION

Showing empathy and
kindness to others.

CONFIDENCE

Believing in oneself and
one's abilities.

COURAGE

Facing fears and
challenges bravely.

CREATIVITY

Being imaginative and
developing ideas.

CURIOSITY

Eagerly seeking new
knowledge and
experiences.

DEPENDABILITY

Being reliable and trustworthy.

DETERMINATION

Persistently pursuing goals despite obstacles.

DISCIPLINE

Staying focused and controlling one's actions.

DIVERSITY

Valuing differences in people and perspectives.

ENVIRONMENTALISM

Protecting and preserving the natural world.

EXCELLENCE

Striving for the highest quality and standards.

FAIRNESS

Treating people justly and in a way that is right and reasonable.

FAMILY

Valuing relationships with loved ones (chosen or given family).

FLEXIBILITY

Adapting easily to changes and circumstances.

FREEDOM

Having the power to act independently.

FRIENDSHIP

Forming meaningful bonds and maintaining close personal relationships.

FUN

Enjoying playfulness and leisure activities.

GRATITUDE

Appreciating and being thankful for good things.

GROWTH

Pursuing personal and professional development.

HAPPINESS

Experiencing joy.

HEALTH

Feeling mentally and physically well.

HONESTY

Being truthful and sincere.

HUMOR

Enjoying and expressing amusement and laughter.

INDEPENDENCE

Valuing self-sufficiency and thinking or acting for myself.

INTEGRITY

Adhering to strong moral principles.

KINDNESS

Being considerate and helpful to others.

EDUCATION

Acquiring understanding and expertise through learning.

LEADERSHIP

Guiding and inspiring others.

LOVE

Feeling deep affection and care for others.



LOYALTY

Devoted to a cause, ideal, or person.

OPENNESS

Being receptive to new ideas and experiences.

PASSION

Showing intense interest and dedication.

PATIENCE

Tolerating delays and difficulties calmly.

POSITIVITY

Maintaining a hopeful and positive attitude.

PURPOSE

Having a meaningful direction and goals.

RESPECT

Valuing and honoring others.

SERVICE

Giving back and helping others.

STABILITY

Maintaining consistency
and reliability.

TRUST

Believing in the sincerity
and reliability of another.

EXPLORING VALUES

Adventure: Embracing new, exciting, and daring experiences.

Authenticity: Being genuine and true to oneself.

Balance: Maintaining stability between different life aspects.

Belonging: Feeling accepted and included by others.

Boldness: Embracing daring actions with confidence.

Caring: Showing concern and kindness for others.

Collaboration: Working together to achieve common goals.

Compassion: Showing empathy and kindness to others.

Confidence: Believing in oneself and one's abilities.

Courage: Facing fears and challenges bravely.

Creativity: Being imaginative and developing ideas.

Curiosity: Eagerly seeking new knowledge and experiences.

Dependability: Being reliable and trustworthy.

Determination: Persistently pursuing goals despite obstacles.

Discipline: Staying focused and controlling one's actions.

Diversity: Valuing differences in people and perspectives.

Environmentalism: Protecting and preserving the natural world.

Excellence: Striving for the highest quality and standards.

Fairness: Treating people justly and in a way that is right and reasonable

Family: Valuing relationships with loved ones (chosen or given family)

Flexibility: Adapting easily to changes and circumstances.

Freedom: Having the power to act independently.

Friendship: Forming meaningful bonds and maintaining close personal relationships.

EXPLORING VALUES

Friendship: Forming meaningful bonds and maintaining close personal relationships.

Fun: Enjoying playfulness and leisure activities.

Gratitude: Appreciating and being thankful for good things.

Growth: Pursuing personal and professional development.

Happiness: Experiencing joy.

Health: Feeling mentally and physically well.

Honesty: Being truthful and sincere.

Humor: Enjoying and expressing amusement and laughter.

Independence: Valuing self-sufficiency and thinking or acting for myself.

Integrity: Adhering to strong moral principles.

Kindness: Being considerate and helpful to others.

Education: Acquiring understanding and expertise through learning.

Leadership: Guiding and inspiring others.

Love: Feeling deep affection and care for others.

Loyalty: Devoted to a cause, ideal, or person.

Openness: Being receptive to new ideas and experiences.

Passion: Showing intense interest and dedication.

Patience: Tolerating delays and difficulties calmly.

Positivity: Maintaining a hopeful and positive attitude.

Purpose: Having a meaningful direction and goals.

Respect: Valuing and honoring others.

Service: Giving back and helping others.

Stability: Maintaining consistency and reliability.

Trust: Believing in the sincerity and reliability of another