

A top-down view of a person with long brown hair, wearing a dark blue long-sleeved shirt, looking at a large road map of the United States. Their hands are resting on the map, one on the left and one on the right. The map shows various states including Montana, North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, Texas, New Mexico, Colorado, Wyoming, Minnesota, Iowa, Missouri, Arkansas, Louisiana, Wisconsin, Illinois, Indiana, Michigan, Ohio, Kentucky, Tennessee, Mississippi, Alabama, Georgia, Florida, and Louisiana. The text 'YOUR CORE VALUES' is overlaid in large, dark blue, serif font. Below it, the text 'DISCOVER WHAT TRULY MATTERS' is overlaid in a smaller, dark blue, sans-serif font. In the bottom right corner, there is a legend titled 'MAP LEGEND' with various symbols and text. The person's right hand is wearing a blue and white beaded bracelet. The map is spread out on a wooden surface.

YOUR CORE VALUES

DISCOVER WHAT TRULY MATTERS

THE VALUES MAPPING EXERCISE

Before you can create a life that feels aligned and fulfilling, you need to understand what drives you at your core. These values serve as your internal compass, guiding your decisions, relationships, and how you show up in the world.

You'll uncover the values that matter most, empowering you to begin making choices that reflect who you truly are, what you stand for, and what you want.



Values Exercise

Step 1: Identify What Matters Most

Look through the list of values on the next page and highlight the ones that truly resonate with you. These are the values that guide how you connect with yourself and others. Don't overthink it. Trust your intuition and notice which ones feel most alive for you.

Step 2: Choose Your Top 5 Core Values

From your highlighted list, narrow it down to your top five most essential values. These are your non-negotiables, the values that drive your sense of fulfillment and connection in your relationships and family life.

Step 3: Map Your Supporting Values

For each of your Top 5 Core Values, choose up to six additional values that support and strengthen them. This helps you see the bigger picture of what drives you and how your values work together to shape your choices and relationships.

Why This Matters

When you're clear on your values, you immediately understand what truly drives you and can spot when something feels misaligned or "off." Your values become a reliable compass and a gauge for when things get off balance, helping you build deeper, more authentic connections and stay true to what matters most.

Once you've completed this exercise, you'll have your own *Values Map* — a powerful visual guide to staying aligned in your relationships and decision-making. See the example on page 5 for inspiration.

My Core Values

Circle the values that resonate with you the most!

Appreciation	Energy	Personal Responsibility
Acceptance	Equality	Predictability
Affection	Ease	Play
Authenticity	Freedom	Perseverance
Awareness	Friendship	Pleasure
Acknowledgement	Fun	Passion
Accountability	Family	Predictability
Adventure	Gratitude	Positivity
Balance	Growth	Power
Beauty	Harmony	Purpose
Belonging	Honesty	Recognition
Challenge	Hope	Risk-taking
Change	Humor	Resiliency
Choice	Health	Respect
Connection	Humility	Resiliency
Commitment	Inclusion	Self- Expression
Consideration	Independence	Success
Consistency	Innovation	Safety
Companionship	Integrity	Security
Compassion	Inspiration	Service
Contribution	Joy	Space
Curiosity	Loyalty	Spontaneity
Courage	Learning	Stability
Creativity	Love	Trust
Community	Nurturing	Teamwork
Determination	Order	Traditions
Discovery	Peace	Vitality
Discipline	Presence	Wealth
Empathy	Intimacy	Wisdom

My Values Map



Reflection

How Your Values Show Up in Your Life

Now that you've mapped your core values, take a moment to reflect on how they show up across different parts of your life. Use the space on the next page to write out your answers.

- 1 HOW DO THESE VALUES INFLUENCE THE WAY YOU MAKE DECISIONS IN YOUR CAREER?
- 2 HOW DO THEY SHAPE YOUR RELATIONSHIPS AND THE WAY YOU CONNECT WITH OTHERS?
- 3 DO YOUR CURRENT RELATIONSHIPS AND LIFESTYLE ALIGN WITH YOUR CORE VALUES?
- 4 WHAT CHANGES COULD YOU MAKE TO STRENGTHEN YOUR RELATIONSHIPS AND DAILY CHOICES AROUND THESE VALUES?
- 5 HOW CAN YOU USE THIS MAP TO GUIDE FUTURE DECISIONS AND STAY ALIGNED WITH WHAT TRULY MATTERS TO YOU?

By aligning your life and relationships with your values, you create a fulfilling, purpose-driven life that fosters clarity, connection, and confidence in every area.