

Know Your Values: A Reflection Worksheet

In times of uncertainty and rapid change, reconnecting with your core values helps anchor decisions and actions. This worksheet guides you in clarifying the principles that matter most to you.

Step 1: Identify Your Top 5 Values

Review the list of common values below. Circle or highlight the ones that resonate most, then narrow it down to your top five.

- **Connection & Relationships:**

Belonging, Community, Compassion, Empathy, Love, Friendship, Family, Collaboration, Inclusion, Respect

- **Integrity & Character:**

Honesty, Accountability, Courage, Integrity, Humility, Reliability, Fairness, Justice, Responsibility, Gratitude

- **Growth & Learning:**

Curiosity, Knowledge, Wisdom, Creativity, Innovation, Openness, Adaptability, Reflection, Excellence, Personal Growth

- **Service & Contribution:**

Service, Stewardship, Generosity, Advocacy, Care, Leadership, Mentorship, Volunteering, Environmental Responsibility, Social Impact

- **Freedom & Autonomy:**

Independence, Freedom, Equality, Self-Determination, Voice, Empowerment, Dignity, Equity, Safety, Security

- **Wellbeing & Balance:**

Health, Wellness, Balance, Joy, Peace, Stability, Playfulness, Beauty, Mindfulness, Hope

Step 2: Define What Each Value Means to You

For each of your top five values, write a short definition in your own words. Example:
'Justice – Ensuring fairness and equity for all, especially the most vulnerable.'

Value 1: _____
Meaning: _____

Value 2: _____
Meaning: _____

Value 3: _____
Meaning: _____

Value 4: _____
Meaning: _____

Value 5: _____
Meaning: _____

Step 3: Connect Values to Action

Consider how each value can guide your actions in daily life and in civic engagement. What choices, behaviors, or commitments align with this value?

Value 1 Actions: _____

Value 2 Actions: _____

Value 3 Actions: _____

Value 4 Actions: _____

Value 5 Actions: _____

Step 4: Commit to Alignment

Write a brief statement of commitment to living in alignment with your values, especially when facing difficult decisions or external pressure.

My Commitment Statement:
