



Values Clarification Worksheet

A tool for examining what you actually believe and value now — separate from what you were taught to believe.

Many of us inherit beliefs and values early in life — from family, culture, religion, or community — and later revise or replace them without ever pausing to ask whether the new ones are truly our own. This worksheet is for that pause. There are no right answers. Revisit it as your thinking changes; it's meant to be used more than once.

Part 1 — Naming What You Inherited

1. List 3–5 beliefs or rules you were taught (about morality, relationships, money, gender, purpose, God, family, etc.) that you no longer fully hold.

2. For one of those beliefs: what did it protect you from, or give you, at the time? What need was it meeting?

Part 2 — Examining the Replacement

3. What belief or value replaced it? Where did that replacement come from — did you choose it deliberately, or did it arrive automatically as the opposite of the old rule?

4. Have you actually tested this new belief against your own experience, or have you mostly assumed it because it isn't the old one?

Part 3 — Naming What's Actually Yours

5. Think of a recent decision (small or large). What value guided it? Was that value chosen, inherited, or reactive?

6. Complete this sentence in as many ways as apply: *"I value ___ because I have personally seen/felt/experienced ___."*



Part 4 — Living the Values, Not Just Naming Them

7. Pick one value from Part 3. What would one small action this week look like if you lived from that value on purpose?

8. Who — if anyone — do you check your values against now? Is that a healthy source, a habit from the old system, or no one?

Between sessions: Notice one moment this week where you acted from a value automatically. Bring it to your next session — we'll look at whether it's chosen, inherited, or reactive.



Values Inventory

Circle or underline any values below that genuinely resonate with you right now. Cross out any you notice you're holding out of habit or obligation. Add your own in the blank lines.

RELATIONSHIPS & CONNECTION

Honesty · Loyalty · Intimacy · Belonging · Trust ·
Compassion · Family · Friendship · Forgiveness · Respect
· _____

AUTONOMY & INTEGRITY

Freedom · Independence · Authenticity · Self-respect
· Accountability · Courage · Boundaries · Self-trust
· _____

WELLBEING & BALANCE

Health · Peace · Rest · Joy · Security · Simplicity · Presence
· Self-care · Playfulness · _____

GROWTH & LEARNING

Curiosity · Self-improvement · Knowledge · Creativity
· Open-mindedness · Adaptability · Mastery · Wisdom
· _____

PURPOSE & CONTRIBUTION

Service · Meaning · Legacy · Justice · Community ·
Generosity · Advocacy · Stewardship · _____

ACHIEVEMENT & STRUCTURE

Ambition · Discipline · Excellence · Reliability · Order
· Financial security · Competence · Leadership
· _____

Next step: From everything you circled, choose your top 5 values. Bring this list to your next session to explore where each one actually comes from — and whether it still fits.