

Values Clarification

Map what matters most and find one committed action.

Values are the directions we want our lives to go — not goals we achieve, but principles we live by. This worksheet helps you name your values across the major life domains and pick one small action toward each.

NAME (OPTIONAL)

DATE

Family relationships

What kind of family member do you want to be? Rate importance (0–10) and current alignment (0–10). One committed action:

Friendships & social connection

What kind of friend do you want to be? Importance / alignment / one action:

Intimate partnership

What do you want this relationship to be about? Importance / alignment / one action:

Work & education

What matters to you in your work or learning? Importance / alignment / one action:

Physical health

How do you want to relate to your body? Importance / alignment / one action:

Mental & emotional health

What kind of inner life are you building? Importance / alignment / one action:

Recreation & play

What brings you joy or rest? Importance / alignment / one action:

Community & contribution

How do you want to show up beyond yourself? Importance / alignment / one action:
