

Values Exploration Worksheet

This worksheet is designed to help you reflect on the values that guide your life—the qualities, experiences, and relationships that hold the most meaning for you.

Healing is not about becoming someone new. It’s about remembering and reconnecting with the essence of who you already are.

When you’re clear about your values, it becomes easier to recognize what supports your well-being and what doesn’t. This clarity helps you set healthy boundaries—not as walls, but as invitations for relationships, activities, and choices that align with who you are and what matters most.

✦ *“Reclaiming your values is part of reclaiming your life.”*

Step 1: Explore Your Values

Begin by reviewing the list below. Circle, highlight, or make note of any words that resonate with you. Don’t overthink it—go with your first reactions.

Core Values List

Authenticity	Freedom	Openness
Adventure	Friendship	Patience
Balance	Gratitude	Peace
Belonging	Growth	Perseverance
Caring	Healing	Playfulness
Compassion	Honesty	Respect
Connection	Hope	Security
Courage	Integrity	Self-Care
Creativity	Joy	Service
Curiosity	Justice	Spirituality
Empathy	Kindness	Trust
Faith	Learning	Wisdo
Family	Love	
Forgiveness	Mindfulness	

Step 2: Narrow Your Focus

Look at the values you circled. Which 3–5 feel **most essential** right now? These are the values you want to keep in mind as you move forward in your healing journey.

Write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3: Reflect

Use these prompts to explore how these values show up in your life gently.

When do I feel most like myself?

What moments in my life have felt most meaningful or fulfilling?

What qualities do I admire in others?

What would living in alignment with my values look like?

If fear wasn't holding me back, how might I live more fully into these values?

What boundaries might help me protect and live into these values?

Closing Reminder

Reconnecting with your values doesn't mean adding more to your to-do list. It's about noticing what already matters to you and gently making space for more of it in your life.

✨ *“Healing invites you to grow into the truest version of yourself.”*