

Values Clarification Worksheet



Rank your values online

Your values are reflected in the moments, choices, and experiences that matter most to you. Answer these six questions in full sentences before trying to identify your values.

1 Answer six questions

1 When did you feel most like yourself?

Describe the moment. What were you doing, and who were you with?

2 Who do you admire, and why?

A person you know or a public figure. What exactly do you admire in them?

3 What makes you angry or frustrated?

Strong frustration often means something you care about is being stepped on.

4 How would you spend a week with nothing to prove?

No one is watching, and money and other people's opinions do not matter.

5 What would you want said at your 80th birthday?

What would you like the people closest to you to say about how you lived?

6 Which hard decision did you get right?

What did you weigh, and what made you sure in the end?

2 Find the values in your answers

Read your answers back. Circle every value below that one of them points to, and write the question's number beside it.
A single answer may point to several values. Don't worry about choosing perfectly at this stage.

STABILITY

Security, balance and predictability

Certainty Commitment Control Discipline Financial stability Health Inner harmony Job security Peace Privacy
Security Tradition Religion

CONNECTION

Relationships, belonging and care

Acceptance Appreciation Compassion Equality Family Forgiveness Friendship Helpfulness Love Loyalty
Teamwork Tolerance Trust Honesty Spirituality

AUTONOMY

Freedom, independence and self-expression

Adventure Authenticity Beauty Creativity Excitement Freedom Independence Passion Pleasure Uniqueness
Variety

DEVELOPMENT

Learning, growth and mastery

Challenge Competence Curiosity Determination Excellence Growth Intelligence Meaningful work Wisdom

IMPACT

Achievement, contribution and influence

Accountability Ambition Authority Contribution Courage Ethics Fame Influence Justice Popularity Reputation
Respect Success Wealth

3 Keep the ones that come back

Write down the values that appeared in multiple answers, along with any single values that feel especially important to you.
Then check each against your life as it is today.

VALUE	ANSWERS	WHERE MY LIFE REFLECTS IT	WHERE IT DOES NOT YET

Put them in order

Once your values are clear, rank them by comparing them two at a time, with the core values worksheet or online at personalvalu.es.