

Personal Values Worksheet

A Values Clarification exercise can help you or your client explore and clarify the things you hold meaningful and important on a personal level. Our values can guide how we choose to focus our energy and time.

This self-reflection exercise helps you examine different aspects of your life using ten different categories. In each section, write down what matters personally to you in the long run. Think about why they matter to you and which you consider the most important.

This worksheet has 10 categories:

- *Romantic relationships* – What sort of partner would you ideally like to be? How would you describe your ideal relationship? What sort of behaviors do you aspire to show toward a significant other?
- *Leisure and fun* – What kinds of activities appeal to you for fun? How would you enjoy spending your down time? What’s exciting for you? Relaxing?
- *Job/career* – What career goals matter to you? What kind of employment? Do you aspire to particular qualities as a worker? What sort of professional relationships do you want to develop?
- *Friends* – What social relationships do you consider important to develop? What do you consider an important social life to have? How would you like your friends to see you as a person?
- *Parenthood* – What kind of mother or father do you aspire to be? Are there particular qualities you’d like to role model for your kids? How would you describe your ideal relationships with them?
- *Health and physical wellness* – These questions will be based on fitness goals, aspirations, as well as the importance of personal health, physical well-being, and personal care.
- *Social citizenship/Environmental responsibility* – This category is about being part of the community, environmental aspirations, and can include volunteer work.
- *Family relationships* – Like parenthood above, these values pertain to relatives like siblings, extended family, and so forth.
- *Spirituality* – Relevant questions here will concern religion, personal beliefs about anything that’s meaningful at a deeper or bigger level.
- *Personal development and growth* – Reflections in this category should relate to personal capabilities, competencies, skills, knowledge, and growth.

Romantic Relationships



Leisure and Fun



Job/Career



Friends



Parenthood



Health and Physical Wellness



Social Citizenship/Environmental Responsibility



Family Relationships



Spirituality



Personal Growth and Development

