

Values Clarification

Values are directions, not destinations — the qualities you want to bring to your life, again and again. This worksheet helps you name yours, notice where you're already living them, and see where the gap sits. Go slowly. There are no right answers.

1 Name what matters in each area of life

In your own words: if nobody were watching and nothing were guaranteed, how would you want to show up here?

LIFE AREA	WHAT I WANT TO STAND FOR HERE	VALUE WORDS
Relationships		
Family		
Work & growth		
Health & body		
Community		
Play & rest		

2 Rate the gap

Importance = how much this area matters to you. Living it = how fully you're acting on it right now.

LIFE AREA	IMPORTANCE (1–10)	LIVING IT NOW (1–10)
Relationships		
Family		
Work & growth		
Health & body		
Community		
Play & rest		

3 Your top three values

Choose the three that pull hardest right now — not the ones that sound best.

VALUE ONE — AND WHY IT MATTERS TO ME

VALUE TWO — AND WHY IT MATTERS TO ME

VALUE THREE — AND WHY IT MATTERS TO ME

4 Values vs. goals

A goal can be finished. A value can only be lived. Practice telling them apart.

GOAL (SOMETHING I CAN COMPLETE)

VALUE UNDERNEATH IT (HOW I WANT TO BE)

5 One small step, this week

Pick the value with the biggest gap. What is the smallest action that moves you toward it in the next seven days?

Values aren't a test you pass. They're the compass you keep coming back to after you've wandered.

Take it further

Worksheets are a starting point, not a substitute for therapy. If you'd like support working through this, book your first appointment at estefaniagiltherapy.com.

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