

Personal Values List

Name: _____ Age: _____ Date: _____

This list helps patients in identifying and understanding their core personal values. This exercise can aid in self-discovery, goal setting, and aligning life choices with personal principles.

Identifying personal values

List down values that resonate with you:

Rate the importance of each value (1 – 10, where 10 is most important):

Reflecting on values

Describe why each value is important to you:

How do these values manifest in your daily life?

Are there values you wish to incorporate more into your life?

Aligning values with life goals

List your current life goals:

How do your values align with these goals?

Action steps to align your daily life more closely with your values:

Review and future planning

Reflect on how living according to your values impacts your well-being:

Plan for incorporating values in future decision-making:

Life coach's observations and details

Observations and recommendations:

Name of life coach and signature:

Name of practice: