

Values Clarification Worksheet

Name:

The purpose of this worksheet is to assist you in clarifying your values. Take some time to reflect on the following questions and write down your responses. Remember, there are no right or wrong answers. Be honest with yourself and explore your beliefs, goals, and attitudes. This process will help you gain a deeper understanding of what truly matters to you in life.

Current Values and Attitudes

Think about your current values and attitudes. What do you believe is important in life? What principles do you hold dear? Consider various aspects such as relationships, career, personal growth, spirituality, health, and community involvement. Write down at least five values or attitudes that are meaningful to you.

Value/Attitude	Description

Discrepancies or Contradictions

Explore any discrepancies or contradictions you may notice among your values and attitudes. Are there instances where your actions or decisions do not align with what you believe to be important? Reflect on why these discrepancies exist and how they may impact your life. Write down any insights or realizations you have regarding these conflicts.

Discrepancy/Contradiction	Insight/Reflection

Life Goals

Consider your life goals and aspirations. What do you want to achieve or experience? Think about different areas of your life, such as career, relationships, personal development, health, and contribution to society. Write down at least three significant life goals you have.

Life Goals

Alignment with Values

Examine how your life goals align with your values and attitudes. Do your goals reflect what you believe to be important? How do they support or contradict your values? Reflect on whether your goals are consistent with your deeper sense of purpose and what truly matters to you. Write down any observations or insights you have regarding the alignment between your goals and values.

Alignments and Observations

Conflicting Values

Explore situations where your values may conflict with each other. Consider scenarios where you have to make difficult choices or trade-offs between competing values. Reflect on the impact these conflicts have on your decision-making process and the outcomes you desire. Write down any conflicting values you have identified and how they may influence your choices.

Conflicting Value	Influence on Choices

Conclusion

Based on your reflections, what have you learned about yourself and your values? How can this understanding help you make more informed decisions and live a more fulfilling life aligned with what truly matters to you? Write a brief summary of your key insights and the actions you plan to take based on this self-reflection.

Summary of Insights

Action to Take

Additional Notes