

Values List



Step 1: Select a maximum of 3 values from each category.

Belonging

- Love
- Friendship
- Respect
- Fairness
- Community
- Empathy
- Kindness
- Intimacy
- Family
- Teamwork
- Collaboration
- Inclusion

Growth

- Learning
- Achievement
- Curiosity
- Balance
- Physical Fitness
- Mental Fitness
- Skill Mastery
- Resilience
- Adaptability
- Creativity
- Courage
- Honesty

Impact

- Influence
- Status
- Wealth
- Credibility
- Risk-Taking
- Autonomy
- Leadership
- Advocacy
- Visibility
- Authority
- Accomplishment
- Reputation

Fulfillment

- Peace
- Gratitude
- Wisdom
- Spirituality
- Social Contribution
- Nature Stewardship
- Vocation
- Philanthropy
- Transcendence
- Legacy
- Altruism
- Awe

Values Worksheet



Step 2: Rate your selected values out of 10.

.....	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
.....	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
.....	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
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Step 3: Order your top 5 values based the rating above.

1.
2.
3.
4.
5.

- Step 4: For each of the values, ask “Am I a person who demonstrates {value}?”
- Step 5: Share your list with someone you trust. Ask them if these values reflect who you are.
- Step 6: Can you create a daily habit based on each of the values?
- Step 7: Can you use your top 3 values for decision-making?

Visit startwithvalues.com for a digital version of this worksheet ([The Values App](#)) and to explore further tools and resources.