

Value-Based Living Worksheet

Understanding Your Core Values

Living in alignment with your values can enhance emotional well-being and reduce anxiety (Hayes, Strosahl, & Wilson, 2012) and create a sense of purpose and fulfillment (Frankl, 1985). This worksheet will help you identify your core values, assess how well you are living by them, and develop strategies to incorporate them into your daily life.

Step 1: Identify Your Core Values

Take a moment to reflect on what truly matters to you. Below is a list of common values. Circle or highlight the ones that resonate most with you.

- | | | |
|-------------------|------------------|----------------|
| • Family | • Love | • Community |
| • Honesty | • Gratitude | • Respect |
| • Compassion | • Kindness | • Authenticity |
| • Adventure | • Justice | • Generosity |
| • Creativity | • Success | • Balance |
| • Spirituality | • Learning | • Security |
| • Personal Growth | • Connection | • Freedom |
| • Independence | • Responsibility | • _____ |
| • Health | • Courage | • _____ |

Write down your **top five** values:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

Step 2: Evaluate Your Alignment

Now, consider how well you are currently living according to these values. Rate each value from 1 to 10 (1 = not at all, 10 = fully aligned) (Harris, 2019).

- **Value 1:** _____ (Score: ____/10)

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- **Value 2:** _____ (Score: ____/10)
- **Value 3:** _____ (Score: ____/10)
- **Value 4:** _____ (Score: ____/10)
- **Value 5:** _____ (Score: ____/10)

What areas of your life feel out of alignment with your values? _____

Step 3: Define Value-Driven Actions

For each of your core values, write down one specific action that can help you live more in alignment with it.

- **Value 1:** _____
 - Action: _____
- **Value 2:** _____
 - Action: _____
- **Value 3:** _____
 - Action: _____
- **Value 4:** _____
 - Action: _____
- **Value 5:** _____
 - Action: _____

Step 4: Overcoming Barriers

What obstacles might prevent you from living according to your values?

- _____
- _____
- _____

What are some ways you can overcome these obstacles?

- _____

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- _____
 - _____
-

Reflection and Commitment

1. What is one small step you can take today to align with your values?

2. Who or what can support you in living according to your values?

3. How will you remind yourself to stay committed to these values?

References

- Frankl, V. E. (1985). *Man's Search for Meaning*. Beacon Press.
- Harris, R. (2019). *The Happiness Trap: How to Stop Struggling and Start Living*. Shambhala Publications.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change*. The Guilford Press.