

# Values vs. Shoulds Worksheet

Use this worksheet to explore the difference between your core values and external or self-imposed "shoulds." By recognizing these differences, you can make more intentional choices that align with what truly matters to you.

1. Values - Write down beliefs, passions, or guiding principles that shape your decisions.
2. Shoulds - List societal, familial, or self-imposed pressures that you feel obligated to follow.
3. Reflection - Compare both columns and consider which influence your decisions more.

<b>Values (What Truly Matters to Me?)</b>	<b>Shoulds (External or Internal Pressures)</b>
Example: Creativity and self-expression	Example: I should choose a "safe" career

### Reflection Questions:

- Are there any "shoulds" that conflict with your values?
- How do these "shoulds" impact your mental well-being?
- What small step can you take today to prioritize your values over external pressures?