

FREE WORKSHEET

My Core Values Reflection

Identifying your core values is only the beginning.



NAME _____ DATE _____

The next step is understanding what those values actually mean to you, how they show up in your life, and where you may want to live in greater alignment with them.

HOW TO USE THIS WORKSHEET

Choose 3–5 of your core values and reflect on each one below. Use one reflection page per value—print extra copies as needed.

START HERE

My Core Values

1

2

3

4

OPTIONAL

5

OPTIONAL

VALUE REFLECTION

Value:

What does this value mean to me?

Why is this value important to me?

What does this value look like when I am living it?

Think about behaviors, choices, relationships, routines, or ways of showing up.

When do I feel most connected to this value?

What tends to pull me away from this value?

Consider stress, habits, fear, expectations, competing priorities, or other barriers.

Where in my life am I currently honoring this value?

Where might I be out of alignment with this value?

What is one small way I could honor this value more intentionally?

STEP BACK

Looking Across Your Values

After reflecting on your core values, take a step back and notice the bigger picture.

- ✦ Which values are already strongly represented in your life?
- ✦ Which values feel neglected or harder to live out?
- ✦ Do any of your values seem to compete with one another?
- ✦ Are there areas of your life where your choices feel especially aligned?
- ✦ Is there one value you want to give more attention to right now?

What I notice:

A Final Reflection

You do not have to live every value perfectly or express every value equally in every season of life.

Values are not rules to follow. They can serve as a compass, helping you notice what matters and make choices that feel more intentional.



Values Vault Cards

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