

FREE WORKSHEET

Values Into Action

Knowing what matters to you is useful. Living it is where values become meaningful.



NAME _____

DATE _____

This worksheet is designed to help you turn your core values into small, concrete actions you can practice in everyday life.

You do not need to make a major life change. **Start with something specific and realistic.**

STEP 1

Choose the Values You Want to Focus On

Choose 1–3 values that feel especially important right now. These may be values you want to strengthen, reconnect with, or bring more intentionally into your daily life.

VALUE	ONE ACTION THAT WOULD EXPRESS THIS VALUE	WHEN / WHERE WILL I DO IT?	WHAT MIGHT GET IN THE WAY?

STEP 2

Make the Action Small and Specific

Values are broad. Actions are concrete. For example:

Connection

BROAD INTENTION

Spend more time with people I care about.

SPECIFIC ACTION

Text my sister tonight and ask if she wants to get coffee this weekend.

Creativity

BROAD INTENTION

Be more creative.

SPECIFIC ACTION

Spend 20 minutes sketching after dinner on Wednesday.

Health

BROAD INTENTION

Take better care of myself.

SPECIFIC ACTION

Take a 15-minute walk during lunch tomorrow.

Ask yourself:

- ☐ Is this something I can actually do?
- ☐ Is it specific enough that I will know whether I did it?
- ☐ Does it genuinely express the value I chose?

STEP 3

Notice What Gets in the Way

If you do not follow through, try to get curious before becoming critical. What got in the way?

- ☐ Time
- ☐ Energy
- ☐ Fear
- ☐ Habit
- ☐ Competing responsibilities
- ☐ Another value
- ☐ Someone else's expectations
- ☐ An action that was simply too ambitious

What could make this easier next time?

STEP 4

Reflect

At the end of the week, look back at the actions you chose.

Which action helped me feel most connected to the person I want to be?

What did I notice about myself?

Was there a value I expected to focus on that turned out to matter less this week?

Did another value show up that I want to pay more attention to?

STEP 5

Choose What Comes Next

One value I want to continue honoring: _____

One small action I want to take next: _____

A Final Reflection

Living your values does not mean making the “perfect” choice every time. Values can serve as a direction rather than a destination.

Small choices made consistently can bring your everyday life closer to what matters most to you.



Values Vault Cards

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