

Values *Exploration*

What matters to me, and how to live by it.

Values reflect what matters most to you and how you want to live your life. They shape the way you approach your relationships, work, health and personal growth. Unlike goals, values can never be completed. They are ongoing directions that guide how you want to live, particularly during times of uncertainty or change. This worksheet will help you identify your values, reflect on how closely you are living by them, and plan small steps towards a more meaningful life.

A GOAL

Something you can tick off, such as getting fit, finding a new job or making new friends.

A VALUE

A direction you keep moving in, such as caring for my health, being a curious learner or being a loyal friend.

My life areas

Rate each area from 0 to 10 for how important it is to you, and how closely you are living by what matters to you right now. Areas with high importance but a lower score may show where small changes could matter most.

Life area	Importance 0 to 10	Living it 0 to 10
Intimate relationships		
Family		
Friendships		
Work or career		
Learning and growth		
Health and wellbeing		
Leisure and fun		
Community		
Spirituality or meaning		

About the Values *Checklist*

The values checklist is a list of personal values, each with a short description. It offers a structured starting point for reflection, whether you are exploring your values for the first time or revisiting them.

Its *purpose*

- To identify the values that matter most to you.
- To separate what you value from what you feel you should value.
- To prepare for the Bull's-Eye and action plan.

How to *use* it

- 1 Read each value and description.
- 2 Tick the answer that fits best.
- 3 Go with your first response.
- 4 Circle your top five or six.

Helpful *reminders*

- There are no right or wrong values. Each one is a personal choice.
- Values are not feelings. You can act on them at any time.
- Choose what matters to you, not what others expect of you.
- If a value that matters to you is not listed, add it at the end.
- Your values may change over time.

Example If you value connection, it might look like calling a friend when you would usually withdraw, or putting your phone away to listen fully. If you value self-care, it might mean resting when you are tired, even with more to do.

Reflection *questions*

Before you begin the checklist, take a moment to reflect.

What qualities do I most admire in others?

When have I felt most like myself?

How would I like others to describe me?

Values *Checklist*

Use this rating key as you complete the checklist below.

V Very important **Q** Quite important **N** Not so important

Value	What it means	V	Q	N
Acceptance	To be open to and accepting of myself, others and life	☐	☐	☐
Adventure	To seek out new experiences and explore	☐	☐	☐
Assertiveness	To stand up for myself respectfully and ask for what I want	☐	☐	☐
Authenticity	To be genuine and true to myself	☐	☐	☐
Beauty	To appreciate and create beauty in my life	☐	☐	☐
Caring	To look after myself, others and the world around me	☐	☐	☐
Challenge	To keep stretching myself to grow and improve	☐	☐	☐
Compassion	To be kind to those who are suffering, including myself	☐	☐	☐
Connection	To feel close to others and be fully present with them	☐	☐	☐
Contribution	To help, give and make a positive difference	☐	☐	☐
Conformity	To respect rules, traditions and expectations	☐	☐	☐
Cooperation	To work well with others	☐	☐	☐
Courage	To be brave and keep going despite fear	☐	☐	☐
Creativity	To be imaginative and original	☐	☐	☐
Curiosity	To be open-minded and interested in exploring	☐	☐	☐
Encouragement	To motivate and build up myself and others	☐	☐	☐
Equality	To treat others as equal to myself	☐	☐	☐
Excitement	To seek out and create stimulating experiences	☐	☐	☐
Fairness	To be fair to myself and others	☐	☐	☐
Fitness	To care for my physical health	☐	☐	☐
Flexibility	To adapt readily to changing circumstances	☐	☐	☐
Freedom	To live freely and make my own choices	☐	☐	☐
Friendliness	To be warm and approachable	☐	☐	☐
Forgiveness	To let go of grudges towards myself and others	☐	☐	☐
Fun	To enjoy and bring enjoyment to what I do	☐	☐	☐
Generosity	To share and give	☐	☐	☐
Gratitude	To appreciate what I have	☐	☐	☐
Honesty	To be truthful with myself and others	☐	☐	☐
Humour	To see and enjoy the lighter side of life	☐	☐	☐

Values *Checklist*

V Very important
 Q Quite important
 N Not so important

Value	What it means	V	Q	N
Humility	To be modest and let my actions speak for themselves	☐	☐	☐
Industry	To work hard and be dedicated to what I do	☐	☐	☐
Independence	To support myself and choose my own way	☐	☐	☐
Intimacy	To open up and share myself in close relationships	☐	☐	☐
Justice	To uphold what is right and fair	☐	☐	☐
Kindness	To be considerate and caring	☐	☐	☐
Love	To act lovingly towards myself and others	☐	☐	☐
Mindfulness	To be aware of and engaged in the present moment	☐	☐	☐
Order	To keep my life organised and structured	☐	☐	☐
Open-mindedness	To consider things from different points of view	☐	☐	☐
Patience	To wait calmly for what I want	☐	☐	☐
Persistence	To keep going despite setbacks	☐	☐	☐
Pleasure	To create and enjoy pleasure	☐	☐	☐
Power	To take the lead and have a positive influence	☐	☐	☐
Reciprocity	To keep a fair balance of giving and receiving in relationships	☐	☐	☐
Respect	To treat myself and others with care and consideration	☐	☐	☐
Responsibility	To be accountable for my actions	☐	☐	☐
Romance	To express love and affection	☐	☐	☐
Safety	To protect and look after myself and others	☐	☐	☐
Self-awareness	To be aware of my thoughts, feelings and actions	☐	☐	☐
Self-care	To look after my health and wellbeing	☐	☐	☐
Self-development	To keep learning and growing	☐	☐	☐
Self-control	To act thoughtfully rather than on impulse	☐	☐	☐
Sensuality	To enjoy experiences that engage the senses	☐	☐	☐
Sexuality	To explore and express my sexuality	☐	☐	☐
Skilfulness	To keep practising and improving my skills	☐	☐	☐
Spirituality	To connect with something bigger than myself	☐	☐	☐
Supportiveness	To be helpful and there for others	☐	☐	☐
Trust	To be loyal, faithful and reliable	☐	☐	☐
_____	Add your own value	☐	☐	☐
_____	Add your own value	☐	☐	☐

The *Bull's-Eye*

How close am I to living my values?

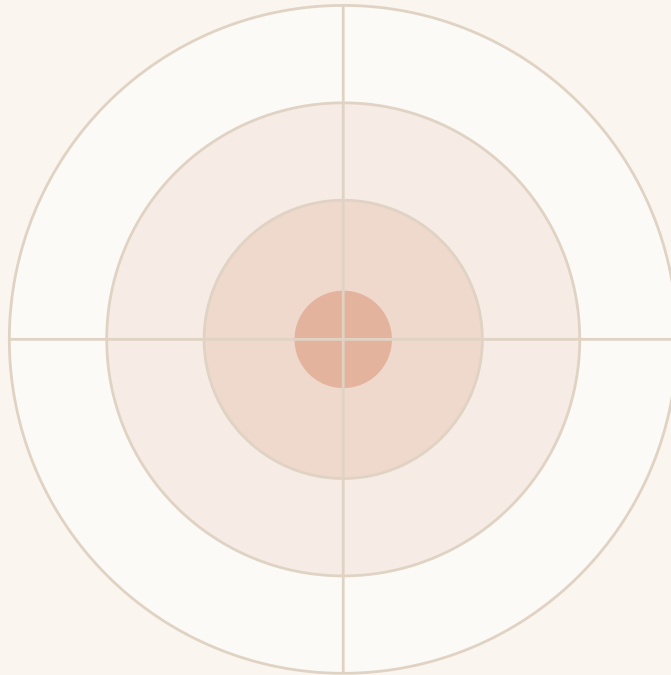
Using your most important values, choose one value for each of the four areas below. Then mark an X on the board to show how closely you are living by that value at the moment. The centre means you are living fully by it. The outer edge means you are far from it right now.

Work and learning

My value:

Relationships

My value:



Growth and health

My value:

Leisure

My value:

My most important *values*

Look at the values you marked V. Choose the five or six that feel most true to who you want to be.

What do I notice when I look at my *target*?

Moving Towards What *Matters*

Every day our choices move us towards the life we want, or away from it. Difficult thoughts and feelings, such as worry or self-doubt, can hook us and pull us away. The aim is not to get rid of these thoughts and feelings, but to notice them and still choose a step that matters to you.

Towards *moves*

- Actions guided by my values.
- Even small steps count.
- They may feel uncomfortable at first.
- Example: calling a friend when I feel low.

Away *moves*

- Actions that pull me away from my values.
- Often bring short-term relief.
- Can feel safe, but keep me stuck.
- Example: cancelling plans to avoid feeling awkward.

The thoughts and feelings that most often hook *me*

My value	One small step this week	What might get in the way	What I will do if it does

Would you like more *support*?

Sometimes it can be hard to know what truly matters to us, or to act on it when fear or old patterns get in the way. Counselling offers a safe space to explore your values and take meaningful steps forward.

Learn more at
www.marlynna.com

Based on ACT tools by Russ Harris and Tobias Lundgren.

This resource is for general reflection and is not a substitute for professional support. Therapy sessions are not for emergencies. For immediate crisis support or urgent medical care, please contact your local emergency services.