Find What Actually Matters

*A **Values Clarity** Workbook*

> **Values:**
> Values are the deeply held beliefs and principles that guide a person's behavior, decisions, and judgments about what is important, right, and meaningful in life. They often remain relatively stable over time.

Most of us live by values we've never consciously chosen. This workbook guides you through a 10-step process to uncover what truly drives you — not what sounds good, but what is genuinely yours.

HOW TO USE THIS WORKBOOK

Print this PDF and work through each step at your own pace. Be honest - this is for you. There are no right or wrong answers, only true ones.

1 Start With Resistance, Not Ideals

Your friction points reveal your true values.

Instead of asking *"What are my values?"*, ask: **Where in my life do I feel the most inner resistance lately?**

Write down 5 moments from the past 2–3 weeks where you felt irritated, drained, resentful, proud but conflicted, or relieved after saying "no". These are your value pressure points.

1.
2.
3.
4.
5.

2 Extract the Hidden Rule - It Reveals Values-in-Action

What belief is underneath your reaction?

For each moment above, complete the sentence: *"Part of me reacted strongly because I believe people should / life should / I should..."*

Example: *"I felt irritated when my time was wasted → I believe time should be respected."*

1.
2.
3.
4.
5.

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3 Identify Your Anti-Values

What you cannot tolerate reveals what you deeply value.

Complete this sentence to find what matters most by naming what you cannot stand:

> *"If my life became full of _____, I would slowly feel like I'm disappearing."*
>
> Anti-values are often more honest than aspirational words like "growth" or "balance."

List 5 things you cannot tolerate (e.g. chaos, superficiality, dishonesty, constant urgency):

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

Now flip each one. What value is the opposite of this anti-value?

Anti-value 1:	Value revealed:
Anti-value 2:	Value revealed:
Anti-value 3:	Value revealed:

4 The Micro-Choice Audit

Values are proven in tiny daily decisions.

Review the past week and reflect on each category below. Then ask: *"What value was I protecting or betraying in each moment?"*

What you said yes to but didn't want:	What you avoided but mattered:	Where you over-extended or withdrew:
_____	_____	_____
_____	_____	_____
_____	_____	_____

What value was I protecting or betraying?

_____

_____

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5 Body Compass Check

Your body often knows your values before your mind does.

For each friction moment from Step 1, notice which physical sensation arises:

- **Tight chest**
  → Likely a boundary violation
- **Calm relief**
  → Value-aligned choice
- **Fatigue / heaviness**
  → Misaligned obligation
- **Subtle shame**
  → Acting against self-respect

Note the physical sensation connected to your most significant friction moment:

6 The Time-Test Filter

Separate core values from social conditioning.

For each value emerging so far, ask: *"Would I still care about this at 80 years old?"*

YES — likely a core value	NO — may be social conditioning

7 Turn Values Into Verbs

Abstract values only guide life when they are actionable.

Replace abstract words with specific behaviors. Examples:

- **"Authenticity"** → "Speaking honestly even when it's awkward"
- **"Health"** → "Protecting my energy before my productivity"
- **"Justice"** → "Naming what feels unfair instead of staying quiet"

Now turn 3 of your values into verbs / behaviors:

Value:	Value:	Value:
In practice, this means:	In practice, this means:	In practice, this means:

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8 Stress-Test Your Values

Separate core values from decorative ones.

Hard questions reveal which values you actually live by versus which ones you only aspire to. Answer each one below as honestly as you can.

When stressed, which value collapses first?

Reflection: This value may need more intentional protection.

Which value do you defend even when it costs you?

Reflection: This is likely a true core value.

Which value do you secretly expect others to respect without saying it?

Reflection: This reveals an unspoken boundary.

9 Resolve Value Conflicts

Real clarity comes from seeing the tensions.

Most inner conflict comes from two real values pulling in opposite directions. Name your tensions and create a decision rule for each.

Common conflict pairs: *Freedom vs Security · Honesty vs Harmony · Growth vs Rest*

Conflict 1

Value: _____ vs _____

"When these clash, I will prioritize _____ unless _____ "

Conflict 2

Value: _____ vs _____

"When these clash, I will prioritize _____ unless _____ "

Conflict 3

Value: _____ vs _____

"When these clash, I will prioritize _____ unless _____ "

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10

Integration Ritual

Write your personal values contract.

Clarity becomes commitment when you write it down. Complete the contract below — not as a perfect declaration, but as an honest intention for this season of your life.

My Personal Values Contract

In this season of my life, I choose to protect:

— _____ even when it is inconvenient.

— _____ even when I am misunderstood.

— _____ even when no one notices.

I know these are truly mine because:

_____

_____

_____ _____

Signature Date

Reference: 60 Core Values

Circle or highlight any that resonate as you work through the steps above.

Integrity · Honesty · Respect · Responsibility · Accountability · Compassion · Kindness · Empathy · Courage · Perseverance · Resilience · Discipline · Self-control · Loyalty · Trustworthiness · Fairness · Justice · Gratitude · Humility · Patience · Generosity · Service · Commitment · Dedication · Excellence · Growth · Curiosity · Wisdom · Open-mindedness · Creativity · Innovation · Adaptability · Reliability · Transparency · Authenticity · Forgiveness · Optimism · Positivity · Collaboration · Teamwork · Leadership · Initiative · Mindfulness · Balance · Peace · Faith · Determination · Independence · Freedom · Thoughtfulness · Practicality · Discernment · Equality · Altruism · Sustainability · Boldness · Self-respect · Lifelong learning · Respect for others · Presence

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Identifying your top personal values is for gaining clarity and knowing yourself better. When you know what truly matters to you, decisions become easier, boundaries become clearer, and your direction becomes stronger.

Your values are your internal compass. The more consciously you live by them, the more intentional, confident, and fulfilled your life becomes.

Your notes & observations: