



DEFINE YOUR VALUES



MINDFUL PATH COUNSELLING

Values Worksheet

Our values are the things that matter most to us and guide our decisions, actions, and behaviours. When we live in alignment with our values, we feel more connected to ourselves and experience a greater sense of purpose and fulfilment. This worksheet is designed to help you reflect on your core values, explore what is truly important to you, and create meaningful steps to live in alignment with those values. Take your time and be honest with yourself - this is about discovering what truly drives you.

Family Relationships

- What kind of family member do you want to be?
- Whether as a sibling, child, or relative, what qualities would you like to bring to those relationships?
- How would you interact with your family to create deeper connections and understanding?

Marriage/Partnerships

- What kind of partner would you like to be in an intimate relationship?
- What qualities would you like to develop in yourself?
- What kind of relationship do you envision building with your partner?
- How would you show up if you were the best version of yourself in this relationship?

Parenting

- What kind of parent do you want to be?
- What personal qualities would you like to nurture in yourself?
- What kind of bond would you like to create with your children?
- If you were your 'ideal self,' how would you approach parenting?

Friendships/Social Life

- What qualities would you like to bring to your friendships?
- If you were the best possible friend, how would you show up for others?

- What kind of connections would you like to build in your social life?

Career/Work Life

- What do you value in your career or job?
- What would make your work feel more meaningful and aligned with your values?
- What kind of worker do you want to be?
- How would you show up in your role if you were living up to your full potential?
- What kind of relationships would you like to create at work?

Education/Personal Growth

- What do you value in your personal growth journey?
- Whether it's learning new skills, gaining knowledge, or expanding your understanding, what excites you?
- What kind of student or lifelong learner would you like to be?
- What qualities would you bring to your personal development?

Recreation/Leisure/Relaxation

- What types of hobbies, activities, or ways of unwinding bring you joy and relaxation?
- How do you make time for yourself?
- What would you like to do more of in your life that helps you rest, recharge, and have fun?

Spirituality

- What does spirituality mean to you? It might be rooted in nature, personal reflection, or a structured practice.
- What is important to you in this area of life?
- How would you like to connect with your sense of purpose, whether through stillness, community, or something else?

Community/Environment/Citizenship

- How would you like to contribute to your community or the environment?
- Whether through supporting a cause, volunteering, or living with intention, what action aligns with your values?
- What environments would you like to cultivate at home and in the spaces where you work and spend time?

Health/Physical Well-being

- What values guide you when it comes to your physical health and well-being?
- How do you care for your body, mind, and overall health?
- What changes or routines would you like to adopt to support your physical well-being?

Action Plan

Now that you've identified your core values, it's time to take intentional steps towards living in alignment with them. Reflect on the values you've explored and choose one or two areas where you'd like to focus your energy.

Set small, achievable goals that reflect these values in your daily life, whether it's improving family relationships, prioritising personal growth, or finding more balance in your leisure time.

Remember, this is a journey, not a destination. Keep track of your progress, celebrate your wins, and adjust as needed along the way. The key is to stay connected to your values and take consistent, mindful action.