Values Clarification List

Companion to "Fundamentals, Never Forget Your Values"

30 MINUTES

HOW TO USE THIS SHEET

1. Tick every value that genuinely matters to you right now, not the ones you think should.
2. Cross out ticks until about ten remain. Then narrow to five.
3. For each of the five, write one recent moment when you lived it, or acted against it.
4. Pick one and choose a small, concrete way to practice it in the next 24 hours.

- [ ] Achievement
- [ ] Adventure
- [ ] Authenticity
- [ ] Autonomy
- [ ] Balance
- [ ] Beauty
- [ ] Belonging
- [ ] Calm
- [ ] Community
- [ ] Compassion
- [ ] Competence
- [ ] Connection
- [ ] Contribution
- [ ] Cooperation
- [ ] Courage
- [ ] Creativity
- [ ] Curiosity
- [ ] Determination
- [ ] Diversity
- [ ] Excellence
- [ ] Fairness
- [ ] Faith
- [ ] Family
- [ ] Freedom
- [ ] Friendship
- [ ] Generosity
- [ ] Gratitude
- [ ] Growth
- [ ] Harmony
- [ ] Health
- [ ] Honesty
- [ ] Humility
- [ ] Humour
- [ ] Inclusion
- [ ] Independence
- [ ] Integrity
- [ ] Justice
- [ ] Kindness
- [ ] Learning
- [ ] Love
- [ ] Loyalty
- [ ] Nature
- [ ] Openness
- [ ] Patience
- [ ] Presence
- [ ] Respect
- [ ] Responsibility
- [ ] Security
- [ ] Service
- [ ] Simplicity
- [ ] Trust
- [ ] Wisdom

MY FIVE VALUES

A RECENT MOMENT I ACTED AGAINST ONE OF THEM, AND WHAT MADE IT EASIER

ONE WAY TO PRACTICE ONE OF THEM IN THE NEXT 24 HOURS