Values Deep-Dive Worksheet (Week 4)

Give yourself at least an hour for this work. Pour something you love and get comfortable. This deserves your full attention.

Part 1: Values Through Life Stages

Your values aren't static—they evolve as you do. Map that evolution.

Your 20s and Early 30s

What mattered most to you during this time? What were you prioritizing, chasing, or building toward?

(Examples: Career advancement? Proving yourself? Financial security? Independence? Adventure? Being liked? Finding a partner? Building credibility?)

What I valued then:

Why this mattered at that stage:

Your 30s-40s (The Building Years)

This is often the decade(s) of building—career, family, identity, security. What dominated your decision-making during this season?

(Examples: Family? Stability? Achievement? Responsibility? Success? Providing? Legacy? Being needed? Advancement?)

Continued: Your 30s-40s (The Building Years)

What I valued then:

Why these mattered at that stage:

Your 50s and Beyond (Now)

What's rising to the surface as important now? What matters in a way it didn't before? What's falling away?

(Examples: Authenticity? Freedom? Peace? Connection? Purpose? Joy? Truth? Simplicity? Impact? Being seen? Rest?)

What I value now:

Why these matter at this stage:

Reflection: The Through-Line

What stayed consistent across all stages?

Continued: Your 50s and Beyond (Now)

What fell away completely?

What surprises you about this evolution?

Part 2: Inherited vs. Chosen

Some values were inherited, others were acquired through unconscious osmosis, and some you chose. It’s time to separate them.

Family Values

What values did your family prioritize (explicitly or implicitly)?

(Examples: Hard work, education, loyalty, tradition, appearance, sacrifice, duty, religion, achievement, perfectionism, "what will people think," independence, etc.)

My family valued:

Which of these do I still claim as my own?

Which do I quietly reject or have I outgrown?

Cultural/Professional Values

What values did society, your professional world, or your cultural context tell you mattered?

(Examples: Productivity, success, likability, selflessness, youth, beauty, marriage, motherhood, career achievement, being "nice," not causing trouble, etc.)

Society/my profession valued:

Which of these do I still claim as my own?

Which have I been carrying that don't actually belong to me?

Reflection: What's Actually Mine

What values have I chosen for myself, independent of what I was taught?

What values am I ready to release because they were never mine to begin with?

Part 3: What Resonates Right Now

Look at the list of values on page . Read through the list slowly. Don't overthink it. What is guiding you today? **If there are values that aren't on this list but feel essential, add them.**

Circle **8-10** that genuinely resonate with who you are *right now*—not who you were, not who you think you should be, but who you actually are in this moment.

Part 4: The Clustering Exercise

Now look at the 8-10 values you circled. Often, many of them are different expressions of the same core truth.

Write your circled values here:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Finding the Patterns

Look for natural connections. Which values cluster together? Which are different words for the same underlying need or truth?

Example: If you circled *authenticity, truth, integrity,* and *honesty*—those might all point to one core value you'd call **"Integrity."**

Example: If you circled *freedom, independence,* and *autonomy*—those might all be expressions of **"Sovereignty."**

Example: If you circled *connection, belonging, love,* and *community*—they might cluster into **"Deep Connection"** or **"Belonging."**

My Clusters:

Cluster 1:
Related values: _____

_____

_____

Core value this represents: _____

Cluster 2:
Related values:_____

_____

_____

Core value this represents: _____

Cluster 3:
Related values: _____

_____

_____

Core value this represents: _____

Cluster 4:
Related values: _____

_____

_____

Core value this represents: _____

Cluster 5:
Related values: _____

_____

_____

Core value this represents: _____

_____

Part 5: Your Core 3-5 Values

Based on your clustering work, name your 3-5 core values—the ones that capture the essence of what matters most to you right now.

My core values are:

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

Why these? What do they represent about who I am and how I want to move through the world?

_____

_____

_____

Part 6: Your Non-Negotiables

Living in a world with others, we all have to make concessions to exist. We negotiate, we flex, we bite our lip. But non-negotiables? These are the values that are never, ever on the table, regardless of the cost.

Look at your core values. What will you not trade for comfort, convenience, approval, peace, or belonging? Which values are absolutely non-negotiable?

My 1-2 non-negotiable values are:

1. _____
2. _____

Part 7: Values as Decision-Making Tools

Now test these values against real life.

Think of a decision you're currently facing (big or small). What is it?

First: Check Your Non-Negotiables

Before anything else, run this decision through your non-negotiables. These are your lines in the sand.

Non-Negotiable Value 1: _____
This choice: ☐ Honors it ☐ Violates it ☐ Neutral

Non-Negotiable Value 2: _____
This choice: ☐ Honors it ☐ Violates it ☐ Neutral

If this choice violates a non-negotiable, the answer is clear. Full stop.

The Violation Test

What happens (or has happened) when your non-negotiable values are violated—by you or by someone else?

(Do you feel rage? Grief? Disconnection from yourself? Physical discomfort? A sense of betrayal?)

When I'm out of alignment with my non-negotiables, I feel:

Then: Check Your Other Core Values

For each of your remaining core values, ask:

- Does this choice honor this value or violate it?
- If I make this decision, will I feel aligned with this value or in conflict with it?

Core Value: _____
This choice: ☐ Honors it ☐ Violates it ☐ Neutral

Core Value: _____
This choice: ☐ Honors it ☐ Violates it ☐ Neutral

Core Value: _____
This choice: ☐ Honors it ☐ Violates it ☐ Neutral

Here's what matters: When a decision conflicts with one of your core values, acknowledge it clearly. Then you get to consciously decide: does the benefit of this choice warrant my compromise?

What is the benefit of the choice? Is it the convenience and comfort of others—or is it something that benefits the greater good?

If you choose to compromise a core value, do it with eyes wide open—not out of habit, people-pleasing, or fear. Make it a conscious choice, not a choice by omission.

Part 8: Integration & Commitment

You've just done the work so many people never do. You've identified what actually matters to you—not what should matter, not what used to matter, but what's true for you right now.

The clarity I'm taking forward:

How I'll use these values moving forward:

What I'm releasing (old values, inherited "shoulds," outdated maps):

What I'm claiming (my truth, my inner wisdom, my alignment):

Now return to Week 4 in your journal and begin the daily practice of *wearing* these values—testing them, adjusting them, and learning to trust them as your internal guide.

Inspiration List: Personal Values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Belonging
Bravery
Calmness
Caring
Challenge
Charity
Clarity
Collaboration
Commitment
Compassion
Confidence
Connection
Consistency
Contentment
Contribution
Courage
Creativity
Curiosity
Decisiveness
Dependability
Determination
Discipline
Diversity
Empathy
Empowerment
Equality
Excellence
Exploration
Fairness
Faith
Family
Flexibility
Forgiveness
Freedom
Friendship
Fun
Generosity
Gratitude
Growth
Happiness
Harmony
Health
Honesty
Hope
Humility
Humor
Independence
Innovation
Integrity
Intelligence
Intuition
Joy
Justice
Leadership
Learning
Love
Loyalty
Mindfulness
Openness
Optimism
Passion
Patience
Peace
Perseverance
Personal Growth
Playfulness
Positivity
Power
Presence
Purpose
Recognition
Reliability
Resilience
Respect
Responsibility
Security
Self-Discipline
Self-Expression
Self-Respect
Service
Simplicity
Spirituality
Stability
Strength
Success
Teamwork
Trust
Understanding
Uniqueness
Vision
Vulnerability
Wealth
Well-being
Wisdom