



A MORE
INTENTIONAL
LIFE IS
POSSIBLE
♥

VALUES INVENTORY & ALIGNMENT WORKBOOK

*clarifying what matters so you can
make more intentional choices*

WHAT ARE VALUES?

Values are the qualities, principles, and priorities that help define how you want to live your life and who you want to be while you are living it.

They are not rules you have to follow perfectly. They are not expectations other people have placed on you. And they are not a list of things you need to accomplish.

Values are more like a compass. They can help you decide which direction you want to move when life becomes busy, complicated, or uncertain.

For example:

A goal might be: *Spend one evening a week with my family.*

The value underneath it might be: *Connection, family, presence, or belonging.*



A goal can be completed. A value continues to guide you.

You may value health, but there is no point at which you finish valuing your health. Instead, that value can influence many different decisions over the course of your life.

WHY VALUES MATTER

Understanding your values can help you:

- ♥ Make decisions about how you spend your time
- ♥ Identify what deserves your energy
- ♥ Know what to say yes to (and what to say no to)
- ♥ Set and maintain healthy boundaries
- ♥ Choose the relationships you invest in
- ♥ Create goals that are meaningful to you
- ♥ Reevaluate responsibilities that may not fit
- ♥ Navigate difficult decisions with more clarity
- ♥ Build a life that feels aligned and fulfilling
- ♥ Become the person you want to be



Sometimes stress, burnout, resentment, or feeling “stuck” is not simply because we are doing too much. It may also be because our lives are asking us to spend a great deal of time and energy on things that do not reflect what matters most to us.

This exercise is designed to help you notice that.

A NOTE BEFORE YOU BEGIN

This is a reflective process, not a test. There are no right or wrong answers. Be honest with yourself, and try not to choose values because you think you should value them. Instead, ask:

Does this genuinely matter to me?

Take your time, be curious, and give yourself permission to explore.

SMALL STEPS
BRIGHTER DAYS
A LIFE YOU LOVE



YOU
ARE ENOUGH
RIGHT HERE
♥



VALUES INVENTORY

EXPLORE WHAT MATTERS TO YOU

*Know
What
Matters* ♥

Read through the values below. Check any that feel important to you.
Try not to choose values because you think you should value them. Instead, ask:
Does this genuinely matter to me?

THERE ARE NO RIGHT OR WRONG ANSWERS.

*Take your time. You can always add your own.***RELATIONSHIPS
& CONNECTION**

- ☐ Acceptance
- ☐ Affection
- ☐ Belonging
- ☐ Caring
- ☐ Collaboration
- ☐ Commitment
- ☐ Community
- ☐ Compassion
- ☐ Connection
- ☐ Family
- ☐ Friendship
- ☐ Generosity
- ☐ Hospitality
- ☐ Intimacy
- ☐ Kindness
- ☐ Loyalty
- ☐ Love
- ☐ Partnership
- ☐ Presence
- ☐ Reciprocity
- ☐ Respect
- ☐ Support
- ☐ Trust
- ☐ Understanding

**PERSONAL
CHARACTER**

- ☐ Accountability
- ☐ Authenticity
- ☐ Bravery
- ☐ Compassion
- ☐ Courage
- ☐ Dependability
- ☐ Discipline
- ☐ Fairness
- ☐ Forgiveness
- ☐ Grace
- ☐ Honesty
- ☐ Humility
- ☐ Integrity
- ☐ Patience
- ☐ Perseverance
- ☐ Reliability
- ☐ Responsibility
- ☐ Self-respect
- ☐ Sincerity
- ☐ Wisdom

**GROWTH
& LEARNING**

- ☐ Achievement
- ☐ Challenge
- ☐ Competence
- ☐ Creativity
- ☐ Curiosity
- ☐ Education
- ☐ Excellence
- ☐ Exploration
- ☐ Growth
- ☐ Improvement
- ☐ Innovation
- ☐ Knowledge
- ☐ Learning
- ☐ Mastery
- ☐ Open-mindedness
- ☐ Personal development
- ☐ Reflection
- ☐ Self-awareness
- ☐ Skill
- ☐ Understanding

**HEALTH
& WELL-BEING**

- ☐ Balance
- ☐ Calm
- ☐ Emotional health
- ☐ Energy
- ☐ Health
- ☐ Healing
- ☐ Mindfulness
- ☐ Movement
- ☐ Nourishment
- ☐ Peace
- ☐ Play
- ☐ Recreation
- ☐ Rest
- ☐ Safety
- ☐ Self-care
- ☐ Simplicity
- ☐ Stability
- ☐ Vitality
- ☐ Wellness
- ☐ Wholeness

**INDEPENDENCE
& PERSONAL AGENCY**

- ☐ Autonomy
- ☐ Choice
- ☐ Confidence
- ☐ Freedom
- ☐ Independence
- ☐ Individuality
- ☐ Initiative
- ☐ Personal agency
- ☐ Privacy
- ☐ Self-determination
- ☐ Self-reliance
- ☐ Self-trust



A MORE
GROUNDED
YOU
CREATES A
BRIGHTER
TOMORROW

♥**WORK, PURPOSE
& CONTRIBUTION**

- ☐ Achievement
- ☐ Advocacy
- ☐ Contribution
- ☐ Excellence
- ☐ Impact
- ☐ Influence
- ☐ Leadership
- ☐ Meaningful work
- ☐ Mentorship
- ☐ Purpose
- ☐ Recognition
- ☐ Service
- ☐ Stewardship
- ☐ Success
- ☐ Teaching
- ☐ Teamwork
- ☐ Usefulness

**CULTURE, COMMUNITY
& BELONGING**

- ☐ Ancestry
- ☐ Belonging
- ☐ Community
- ☐ Cultural identity
- ☐ Cultural preservation
- ☐ Elders
- ☐ Family traditions
- ☐ Heritage
- ☐ Interdependence
- ☐ Language
- ☐ Legacy
- ☐ Reciprocity
- ☐ Responsibility to others
- ☐ Tradition

*We are shaped
by what we value.*

♥**SPIRITUALITY
& MEANING**

- ☐ Faith
- ☐ Forgiveness
- ☐ Gratitude
- ☐ Hope
- ☐ Meaning
- ☐ Prayer
- ☐ Reverence
- ☐ Sacredness
- ☐ Service
- ☐ Spiritual growth
- ☐ Spirituality
- ☐ Stewardship
- ☐ Trust

**LIFESTYLE
& EXPERIENCE**

- ☐ Adventure
- ☐ Beauty
- ☐ Comfort
- ☐ Enjoyment
- ☐ Excitement
- ☐ Flexibility
- ☐ Fun
- ☐ Humor
- ☐ Nature
- ☐ Novelty
- ☐ Peace
- ☐ Pleasure
- ☐ Playfulness
- ☐ Simplicity
- ☐ Spontaneity
- ☐ Travel
- ☐ Variety

SECURITY & STABILITY

- ☐ Consistency
- ☐ Financial security
- ☐ Order
- ☐ Predictability
- ☐ Preparedness
- ☐ Safety
- ☐ Security
- ☐ Stability
- ☐ Structure

JUSTICE & RESPONSIBILITY

- ☐ Accountability
- ☐ Advocacy
- ☐ Equality
- ☐ Equity
- ☐ Fairness
- ☐ Justice
- ☐ Responsibility
- ☐ Social responsibility
- ☐ Truth



SAME ROOTS
BRIGHTER DAYS

OTHER VALUES THAT MATTER TO ME:

- ☐ _____
- ☐ _____

STILL HERE
STILL GROWING

♥



NARROWING YOUR VALUES

FROM MANY TO WHAT MATTERS MOST

Choose
What
Matters

You may have checked many values on the previous page. Now it's time to narrow the list and identify the values that feel most important to you in this season of your life.

1 YOUR TOP 10

Look back at the values you checked on the previous page. Narrow your list to 10 values that feel especially important to you right now.

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

2 YOUR TOP 5

Now imagine that you could only keep five. Which five values feel most essential to you in this season?

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



This does not mean the other values don't matter. It simply helps identify the values you most want guiding your decisions right now.

3 DEFINE YOUR VALUES

People can choose the same value and mean very different things by it. Take time to define your values in your own words.

1	What does this value mean to me? _____	What does living this value look like in everyday life? _____	What does this value NOT require from me? _____
2	What does this value mean to me? _____	What does living this value look like in everyday life? _____	What does this value NOT require from me? _____
3	What does this value mean to me? _____	What does living this value look like in everyday life? _____	What does this value NOT require from me? _____
4	What does this value mean to me? _____	What does living this value look like in everyday life? _____	What does this value NOT require from me? _____
5	What does this value mean to me? _____	What does living this value look like in everyday life? _____	What does this value NOT require from me? _____

A MORE
INTENTIONAL
YOU



SAME
ROOTS
BRIGHTER
DAYS





VALUES ALIGNMENT CHECK

WHERE ARE YOU NOW?

Knowing what matters to you does not automatically mean your life reflects it.
This section will help you notice where you are aligned, where there are gaps,
and where you may want to focus your energy.



1 RATE YOUR VALUES

For each of your five core values, rate the following on a scale of 1–10.
(1 = Not at all, 10 = Very high)

VALUE	IMPORTANCE How important is this value to me?	CURRENT ALIGNMENT How much does my current life reflect this value?	GAP (Importance minus Alignment)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

*The gap is not a measure of failure.
It is information.*

It shows you where your life may need more attention, support, boundaries, or intentional choices.



2 REFLECT ON THE GAPS

Which value has the biggest gap between importance and how you are currently living?

What do you think is getting in the way?

What is one change that could bring your life closer to this value?

3 WHAT IS WORKING?

Which value feels most aligned right now?
What is supporting that?

What strengths, habits, or resources are helping you live this value?



Notice what is working and build on it.

4 A QUICK CHECK-IN

Take a moment to complete these sentences:

- ♥ Right now, I am most aligned with: _____
- ♥ Right now, I am least aligned with: _____
- ♥ One thing I am proud of: _____
- ♥ One area where I want to see change: _____
- ♥ One small step I can take this week: _____

Progress over Perfection

Values alignment is a practice, not a destination. Small, consistent choices add up over time. You can always pause, notice, and choose again.





TIME, BOUNDARIES & PRIORITIES

LIVING IN ALIGNMENT EVERYDAY

*Protect
Your
Peace*

Your values can help you make intentional choices about how you spend your time, what you say yes to, what you say no to, and the boundaries you need to protect what matters most.

1 WHERE DOES MY TIME GO?

Our calendars often reveal our priorities more clearly than our intentions do. Reflect on a typical week.

Where does most of my time currently go?

Where does most of my mental and emotional energy go?

What receives a lot of my time but is not especially important to me?

What matters deeply to me but receives very little of my time?

3 VALUES & BOUNDARIES

Boundaries help protect what matters. They are not only about keeping people out, but also about creating the space you need to live in a way that reflects your values.

A value I want to protect more intentionally:

What currently interferes with this value?

A boundary that could help protect it:

What might I need to say?

What feelings might come up when I hold this boundary? (Check all that apply.)

- | | | |
|----------------------------------|-------------------------------------|---------------------------------------|
| ☐ Guilt | ☐ Sadness | ☐ Relief |
| ☐ Anxiety | ☐ Anger | ☐ Uncertainty |
| ☐ Fear | ☐ Discomfort | ☐ Other: _____ |

Can I tolerate that temporary discomfort in order to live more consistently with what matters to me?

2 YES, NO, MAYBE

Be honest with yourself. What are you consistently saying yes to? What might you need to say no to?

What am I repeatedly saying "yes" to?

What might I need to say "no," "not right now," or "not as much" to?



*Every "yes" is a choice.
It's also a "no" to something else.*

Choose with intention.



4 SHOULD VALUES vs. CHOSEN VALUES

Sometimes we live according to values we inherited from family, culture, work, or past experiences. Take time to notice the difference between what you think you should value and what you genuinely choose to value.

Messages I have absorbed (examples: A good parent should...):

Which of these expectations genuinely reflect my values?

Which ones feel more like obligations, fear, guilt, or other people's expectations?

Is there anything I am ready to reconsider or release?



*You get to choose
what stays, what goes,
and what matters now.*





WHEN VALUES COMPETE

FINDING BALANCE IN REAL LIFE

*Both
And
Is Possible*

Sometimes difficult decisions are difficult because two or more important values are competing with each other. This is a normal and very human experience. The goal is not always to choose one value over another, but to find a way to honor what matters while also being realistic, compassionate, and intentional.

1 UNDERSTAND THE TENSION

Some common competing values include:

- | | |
|--------------------------------------|---------------------------------|
| ♥ Family and career | ♥ Structure and flexibility |
| ♥ Generosity and financial stability | ♥ Truth and harmony |
| ♥ Service and rest | ♥ Giving and receiving |
| ♥ Loyalty and self-respect | ♥ Security and risk |
| ♥ Achievement and presence | ♥ Personal growth and stability |
| ♥ Independence and connection | ♥ Responsibility and freedom |

There are no perfect answers. The question is:
"What does balance between these values look like in this situation?"

3 LOOK AT BOTH SIDES

What would honoring Value #1 look like?

What would honoring Value #2 look like?



*It's okay for two things to matter.
You can hold more than one truth.*

*Life is rarely either/or.
Most of the time, it's both/and.*



2 EXPLORE YOUR CURRENT SITUATION

A decision or situation I am struggling with:

What are the two (or more) values involved?

Value #1: _____
Value #2: _____



4 EXPLORE POSSIBILITIES

Is there a way to honor both values?

If not, which value needs more attention
in this particular situation?

Why?



*Discernment
is a form
of self-respect.*



5 TAKE A NEXT STEP

What is one small, realistic step I can take to move toward greater balance in this situation?

REMEMBER

Progress, not perfection.
You can revisit and adjust.
Your values can guide you,
even in the gray areas.





FROM INSIGHT TO ACTION

TURNING VALUES INTO TANGIBLE CHANGE

*Clarity is powerful, but change happens through small, consistent choices.
This page will help you take what you've learned about your values and
turn it into intentional action.*

*Small
Steps
Big
Change*



1 MY FOCUS VALUE

Choose one of your core values to focus on over the next week (or month).

My focus value is:



*What you
focus on
grows.*



3 DECISION FILTER

Use this guide when you are deciding whether to take something on, make a change, or say yes or no.

1 Does this support one of my core values?
☐ Yes ☐ No ☐ Somewhat

2 What will this require from me?
☐ Time ☐ Energy
☐ Money/resources ☐ Emotional capacity

3 If I say YES to this, what am I indirectly saying NO to?

4 If I say NO to this, what am I making room for?

5 Am I considering saying yes because of:

- ☐ Genuine desire
- ☐ Purpose
- ☐ Responsibility I consciously accept
- ☐ Fear of disappointing someone
- ☐ Guilt
- ☐ Obligation
- ☐ Fear of conflict
- ☐ Habit
- ☐ Wanting approval
- ☐ Difficulty saying no
- ☐ Other: _____

6 Which choice is most consistent with the person I want to be?

2 TAKING ACTION

Complete the following to create a simple, realistic plan.

One small behavior that would reflect this value:

Something I want to do MORE of:

Something I want to do LESS of:

Something I may need to say NO to:

Something I want to intentionally say YES to:

4 SUPPORT & ACCOUNTABILITY

What would help you follow through on your intentions?

- ☐ Time on my calendar
- ☐ A reminder (note, phone alert, visual cue)
- ☐ Support from a friend, family member, or accountability partner
- ☐ Adjusting my environment
- ☐ Setting a boundary
- ☐ Breaking it into smaller steps
- ☐ Professional support (therapy, coaching, etc.)
- ☐ Other: _____



*You don't have to do everything.
You just have to do the next
right thing.*



ALIGN YOUR ACTIONS
WITH WHAT MATTERS

MY COMMITMENT
TO MYSELF

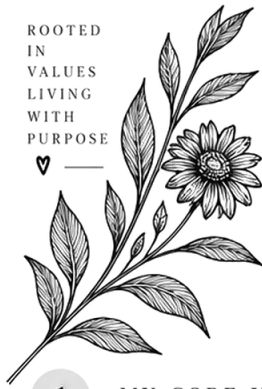


One thing I am committed to doing this week to live more in alignment with my values:



SAME ROOTS
BRIGHTER DAYS
A MORE
INTENTIONAL YOU





YOUR VALUES COMPASS

A STEADIER, MORE INTENTIONAL YOU

*You
Are the
Change*

*You've taken time to reflect, clarify, and explore what matters most.
Use this final page to bring it all together and set your intention for what
comes next.*

1 MY CORE VALUES

Write your top 5 core values from page 3. These are the values you want to keep at the center of your life.

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

3 MY INTENTION

Write a personal intention for this season of your life. You can use your values, reflections, and insights from this workbook to guide you.

This season, I intend to...

*"Small, consistent choices
create a life that feels like you."*



2 MY VALUES COMPASS

In the space around the compass, write your five core values. At the center, write a short phrase that represents the person you want to be as you live out these values.

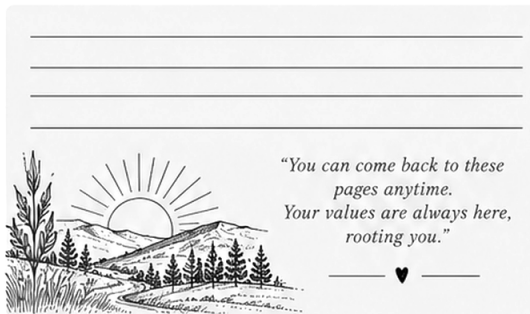


4 SIGNS I'M LIVING IN ALIGNMENT

How will I know when I'm living in a way that reflects my values? (Examples: I feel more at peace, I have more energy, I say no without guilt, etc.)

5 A NOTE TO MYSELF

Write an encouraging message to yourself. What do you want to remember when things feel hard, busy, or uncertain?



6 I'M PROUD OF...

Take a moment to acknowledge your growth. Check all that apply and/or add your own.

- ☐ I took time to reflect.
- ☐ I got clearer on what matters to me.
- ☐ I noticed patterns and made connections.
- ☐ I considered both the challenges and possibilities.
- ☐ I created a plan for how I want to move forward.
- ☐ I showed up for myself.
- ☐ Other: _____

Progress is still progress.

A MORE INTENTIONAL YOU

