



Seven steps from a long list of values to the five that matter most, and one small way to live by them this week.

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**01 Pick the values that matter to you**

Read each group quickly. On paper, circle any value that feels important to you. On screen, type them on the line underneath. Go with your gut: there are no right or wrong answers.

People and connection: family, friendship, love, belonging, community, loyalty

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Kindness and care: kindness, compassion, generosity, patience, forgiveness, helping others

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Honesty and character: honesty, integrity, fairness, responsibility, respect, courage

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Growth and learning: learning, curiosity, growth, wisdom, challenge, doing things well

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## 02 Keep going: four more groups

Same again. Then add any values of your own that matter to you and aren't on the list.

Freedom and creativity: independence, freedom, adventure, spontaneity, creativity, authenticity

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Security and achievement: security, stability, order, hard work, achievement, ambition

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Health and enjoyment: health, fun, humour, rest, nature, beauty

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Meaning and the wider world: faith, purpose, tradition, gratitude, justice, making a difference

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My own values, not on the list:

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### 03 Sort them, then choose your top five

Write each value you picked in a column: very important (the ones you'd find hardest to give up), or important but less so. Then choose five from the first column.

Very important to me

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Important to me

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My top five, each as something I do: not just 'honesty', but 'saying what I really think, kindly'.

My value

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What it means to me

As something I do

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#### 04 How closely am I living by them?

Give each of your five two scores from 0 to 10: how important it is to you, and how well you've lived by it this past month. Be honest, not harsh. The biggest gaps show you where to start.

**My value**

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**How important**

0 to 10

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**How well I've lived  
it**

0 to 10

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**What gets in the way most often?**

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## 05 Why my top value matters to me

Pick the one value that matters most to you right now. Write a few lines about why it matters, and a time it showed up in your life. There's no need to make it sound good.

My top value:

### Why it matters to me, and a time it showed up:

## 06 One small step this week

Pick a value with a big gap, and one small, specific thing you'll do this week to live it a little more. Small counts. 'Be a better friend' becomes 'text Jo on Thursday to ask how the interview went'.

The value I'll act on:

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What I'll do, and when and where:

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Acting on a value can feel uncomfortable. What might get in the way, and what will I do if it does?

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## 07 When two values pull against each other

Sometimes a choice sets two of your values against each other, like ambition and family. That's normal. Use this when you're facing a decision.

A choice I'm facing:

### Option A

Which of my values it honours, and which it costs

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### Option B

Which of my values it honours, and which it costs

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Which option moves me towards the person I want to be, right now?

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### When you're done, a moment to reflect

- When did you last feel proud of how you acted, not of what you achieved? Which value were you living?
- What makes you angry on someone else's behalf? Which value is being stepped on?
- Did you pick any value because you felt you should, rather than because it's truly yours?
- Who do you admire, and for which qualities?
- If you lived a little more by your top value, what would someone close to you notice first?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.