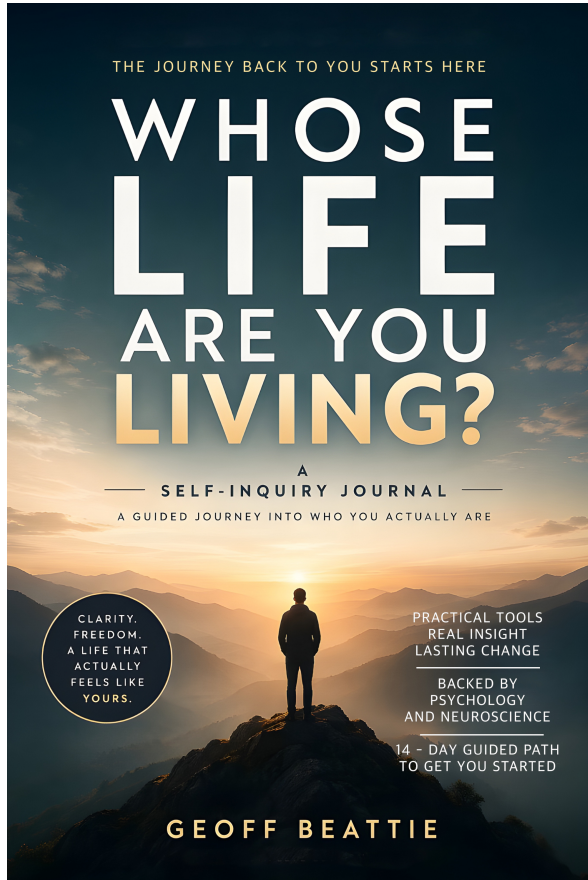


THE TOOLS

Values Clarification

Free printable download



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[Whose Life Are You Living](#)

This PDF: **Values Clarification Exercise**

is one of the a free printable companions of everything you've read in "[Whose Life Are You Living?](#)"

Values Clarification Exercise

Finding the compass beneath the noise

*"He who has a why to live can bear
almost any how."*

— **Friedrich Nietzsche**

Most people, if asked what they value, will give a reasonable answer. Family. Honesty. Freedom. Good answers. Probably true answers. But values are not what we say we believe in. They are what our choices reveal we believe in.

This exercise is grounded in Acceptance and Commitment Therapy. ACT research consistently shows that living in alignment with clearly identified personal values produces measurable improvements in wellbeing, life satisfaction, and resilience, not by making life easier, but by making it more meaningful. Values do not remove difficulty. They give difficulty a direction.

Step 1: The Long List

Read through the values on the following page slowly. Mark any that produce a genuine response: a recognition, a pull, something that feels real. Do not overthink it.

Adventure · Authenticity · Autonomy · Accountability ·
Awareness · Beauty · Belonging · Boldness · Balance ·
Bravery · Compassion · Courage · Creativity · Clarity ·
Connection · Contribution · Curiosity · Commitment ·
Calmness · Depth · Devotion · Dignity · Discipline ·
Discovery · Empathy · Excellence · Expression ·
Exploration · Faith · Family · Freedom · Forgiveness ·
Flow · Focus · Generosity · Gratitude · Grace ·
Groundedness · Growth · Harmony · Health · Hope ·
Humility · Humour · Honesty · Impact · Imagination ·
Independence · Integrity · Intimacy · Joy · Justice ·
Kindness · Knowledge · Leadership · Learning ·
Legacy · Liberation · Love · Loyalty · Mastery ·
Meaning · Mindfulness · Movement · Nature · Novelty
· Nurturing · Openness · Order · Originality · Passion ·
Peace · Persistence · Play · Presence · Purpose ·
Resilience · Respect · Responsibility · Rest · Service ·
Simplicity · Solitude · Spirituality · Stillness · Strength
· Truth · Trust · Transcendence · Tenderness ·
Understanding · Unity · Usefulness · Vision · Vitality ·
Vulnerability · Wholeness · Wildness · Wisdom ·
Wonder

Write any additional values not on this list that feel
true for you:

Your First Narrowing: Choose Your Top Ten

From everything you marked, choose the ten that feel most essential, ten that, if you lost them from your life, would leave you feeling like a stranger to yourself.

1

2

3

4

5

6

7

8

9

10

Step 2: Finding Your Core Five

Ten values is still too many to navigate by. A compass with ten needles points nowhere. Use the Comparison Method: for each pair from your ten, ask: if I could only honour one of these, which would I choose? The ones that consistently win are your core five.

My Core Five Values:

1

2

3

4

5

Go Deeper Into Each Value

For each of your five core values, work through these questions. Give each value a full page of your notebook use the spaces or on the following pages.

Core Value 1: _____

What does living this value actually look like in daily life?

Be specific and concrete. Not abstract ideals, but actual behaviours, choices, and moments.

Where in your current life is this value most present?

When do you feel most aligned with this value? What are you doing, and who are you with?

Where is it most absent, and what does that cost you?

Be honest. What areas of life feel out of alignment?
What does that feel like?

Further notes and thoughts

Core Value 2: _____

What does living this value actually look like in daily life?

Be specific and concrete. Not abstract ideals, but actual behaviours, choices, and moments.

Where in your current life is this value most present?

When do you feel most aligned with this value? What are you doing, and who are you with?

Where is it most absent, and what does that cost you?

Be honest. What areas of life feel out of alignment?
What does that feel like?

Further notes and thoughts

Core Value 3: _____

What does living this value actually look like in daily life?

Be specific and concrete. Not abstract ideals, but actual behaviours, choices, and moments.

Where in your current life is this value most present?

When do you feel most aligned with this value? What are you doing, and who are you with?

Where is it most absent, and what does that cost you?

Be honest. What areas of life feel out of alignment?
What does that feel like?

Further notes and thoughts

Core Value 4: _____

What does living this value actually look like in daily life?

Be specific and concrete. Not abstract ideals, but actual behaviours, choices, and moments.

Where in your current life is this value most present?

When do you feel most aligned with this value? What are you doing, and who are you with?

Where is it most absent, and what does that cost you?

Be honest. What areas of life feel out of alignment?
What does that feel like?

Further notes and thoughts

Core Value 5: _____

What does living this value actually look like in daily life?

Be specific and concrete. Not abstract ideals, but actual behaviours, choices, and moments.

Where in your current life is this value most present?

When do you feel most aligned with this value? What are you doing, and who are you with?

Where is it most absent, and what does that cost you?

Be honest. What areas of life feel out of alignment?
What does that feel like?

Further notes and thoughts

Step 3: The Alignment Map

For each area of life below, rate your current values alignment on a scale of 1 to 10. Note which of your core five values is most relevant, and use the space to write what one small shift would increase alignment.

Work / Career

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Creative Life

A Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Relationships: Intimate / Romantic

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Relationships: Family

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Relationships: Friendships / Community

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Health: Physical

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Health: Mental and Emotional

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Personal Growth / Spirituality

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Play / Rest / Joy

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Finances / Material Life

Alignment score: _____ / 10

Most relevant core value: _____

What one small shift would increase alignment here?

Further notes and thoughts

After the **Values Clarification Exercise**

The book does not end here. The chapters and tools are designed to be returned to, they meet a different version of you each time. Come back in a month. Come back in six months. Bring the same willingness to be honest.

More free resources and templates available at

ThisIsNotaTree.com

Please feel free to share this document.

If you find this useful, please take a moment to reach out and let me know at thisisnotatree.com

Thank you - Geoff