

Top Personal Values Worksheets

To help you kickstart your boundaries journey, you need to be crystal clear on what your top personal values are.

- Values are the foundation of our **boundaries** – “Because I value ____ when (thing happens) I feel (emotions words from Feelings Wheel.)
- Values help us pick up the pieces of our **identity** that was shattered in betrayal. They remind of us of who we are, what we stand for.
- Referring to our personal values will help us make healthy **decisions** in difficult times, that reflect who we authentically are and keep us focused on the right direction forward.
- When our personal values dictate our behavior and actions, we feel more **fulfilled**, and purpose driven.
- Your personal values don’t have to be influenced or approved by any other human being. You have **authority** and agency to decide your values independent of anyone else.
- Personal values can be **fluid** and shift, based on the situation. They aren’t written in stone.

1. Use this sheet to brainstorm 20 values that reflect what’s most important to you.

You can use the values list at the end for ideas and to stir your imagination or do a search online. The list is just a suggestion – make your own list personal to you, and your dreams and goals for a fulfilled life:

My top values are currently:

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.

2. After you've listed 20 values, underline the top 10 that are most important to you personally.
3. Among the top 10 you underlined, put an ASTERISK * next the 3 most important values.
4. Bring this list to our values discussion meeting and be ready to share your top 3 and why they are important to you.
5. Take a moment to consider this very deep and far-reaching question and then complete the statement below: How do you want to be remembered?

I want to be remembered as the person who:

Accomplishment
Accuracy
Acknowledgement
Adventure
Attachment (human)
Authenticity
Balance
Beauty
Boldness
Calm
Challenge
Choice
Collaboration
Community
Compassion
Comradeship
Confidence
Connectedness
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Determination
Directness
Discovery
Education
Ease
Effortlessness
Empowerment
Enthusiasm
Environment
Equality
Excellence
Fairness
Faith
Flexibility

Focus
Forgiveness
Freedom
Friendship
Fun
Generosity
Gentleness
Growth
Happiness
Harmony
Health
Helpfulness
Honesty
Honor
Humanitarianism
Humour
Idealism
Independence
Innovation
Integrity
Intuition
Joy
Justice
Kindness
Learning
Listening
Love
Loyalty
Mental Health
Mercy
Ministry
Nature
Optimism
Orderliness
Participation
Partnership
Passion
Patience

Peace
Persistence
Physical Health
Presence
Productivity
Recognition
Religion
Respect
Resourcefulness
Romance
Safety
Self-Esteem
Service
Simplicity
Spaciousness
Spirituality
Spontaneity
Strength
Tact
Thankfulness
Tolerance
Tradition
Transparency
Trust
Truth
Understanding
Vocation
Vulnerability
Unity
Vitality
Wisdom