

● LIFE PLANNING · VALUES

Values Clarification Worksheet

Find your core five — the handful of values you'll plan your life around.

A guided worksheet from VoiceFirstPlanner



FREE

Values are the principles you want to live by — the “why” behind a well-planned day. Work through the prompts, jot down whatever surfaces, then group and narrow on the next page. There are no wrong answers.

STEP 1 · BRAINSTORM

What matters to you?

1. Your best moments.

Think of a time you felt genuinely proud or fully alive. What were you doing — and which value was present?

2. What frustrates you.

Strong irritation usually means a value was crossed. What’s the value underneath?

3. Who you admire.

The trait you most respect in someone else is often a value you hold yourself.

4. Quick scan.

Circle any words below that make you sit up.

- Honesty
- Integrity
- Courage
- Discipline
- Kindness
- Family
- Friendship
- Loyalty
- Compassion
- Community
- Growth
- Curiosity
- Creativity
- Mastery
- Wisdom
- Health
- Balance
- Calm
- Presence
- Resilience
- Excellence
- Ambition
- Impact
- Leadership
- Freedom
- Adventure
- Independence
- Service
- Generosity
- Faith
- Justice
- Gratitude
- Security
- Stability
- Order
- Authenticity
- Humility
- Patience
- Purpose
- Simplicity

STEP 2 · SHORTLIST

Narrow it down.

From the previous page, write the ten that feel most like you.

STEP 3 · YOUR CORE FIVE

The non-negotiables.

Choose five. Fewer values you actually use will shape your life more than fifteen you forget.

1	<p>Value</p> <hr/> <p>Why it matters to me</p> <hr/>
2	<p>Value</p> <hr/> <p>Why it matters to me</p> <hr/>
3	<p>Value</p> <hr/> <p>Why it matters to me</p> <hr/>
4	<p>Value</p> <hr/> <p>Why it matters to me</p> <hr/>
5	<p>Value</p> <hr/> <p>Why it matters to me</p> <hr/>

Now plan around them — just by talking.

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