

Values Worksheet

A free Interaction Consulting resource

Our values are the core principles and beliefs that guide our decisions, behaviours, and interactions with others. They shape how we perceive the world, define what we prioritise, and influence our sense of purpose. Understanding our personal values is essential to align our actions with what truly matters to us, fostering authenticity, fulfilment, and stronger relationships. Knowing our values also provides clarity when navigating challenges, enabling us to make confident, consistent choices.

INTERACTION



Values Worksheet

INTERACTION

Step 1: Identify your top values

Start by thinking about the following.

- What is important to you right now?
- How you often define yourself.
- How others might define you.
- What areas or topics keep coming up in conflict?
- Where you spend your money or time.



Select up to 20 from the options below. If any values that are significant to you are not on the list, write them in the boxes below.

- | | | | |
|-------------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|
| <input type="radio"/> Authenticity | <input type="radio"/> Activism | <input type="radio"/> Accomplishment | <input type="radio"/> Autonomy |
| <input type="radio"/> Abundance | <input type="radio"/> Altruism | <input type="radio"/> Ambition | <input type="radio"/> Bravery |
| <input type="radio"/> Acceptance | <input type="radio"/> Adaptability | <input type="radio"/> Artistry | <input type="radio"/> Beauty |
| <input type="radio"/> Achievement | <input type="radio"/> Adventure | <input type="radio"/> Ambition | <input type="radio"/> Balance |
| <input type="radio"/> Authority | <input type="radio"/> Aesthetics | <input type="radio"/> Activity | <input type="radio"/> Belonging |
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 | | | |
| <input type="radio"/> Bonding | <input type="radio"/> Closed | <input type="radio"/> Courage | <input type="radio"/> Competition |
| <input type="radio"/> Bounty | <input type="radio"/> Clever | <input type="radio"/> Contemporary | <input type="radio"/> Chaos |
| <input type="radio"/> Compassion | <input type="radio"/> Challenge | <input type="radio"/> Community | <input type="radio"/> Curiosity |
| <input type="radio"/> Closure | <input type="radio"/> Conflict | <input type="radio"/> Connection | <input type="radio"/> Completion |
| <input type="radio"/> Calm | <input type="radio"/> Collaboration | <input type="radio"/> Communication | <input type="radio"/> Creativity |
|
 | | | |
| <input type="radio"/> Care | <input type="radio"/> Dignity | <input type="radio"/> Empathy | <input type="radio"/> Environment |
| <input type="radio"/> Drive | <input type="radio"/> Dependability | <input type="radio"/> Engagement | <input type="radio"/> Equality |
| <input type="radio"/> Diligence | <input type="radio"/> Excellence | <input type="radio"/> Excitement | <input type="radio"/> Empowerment |
| <input type="radio"/> Diversity | <input type="radio"/> Elegance | <input type="radio"/> Efficiency | <input type="radio"/> Excitement |
| <input type="radio"/> Duty | <input type="radio"/> Emotion | <input type="radio"/> Energy | <input type="radio"/> Enabling |
|
 | | | |
| <input type="radio"/> Expertise | <input type="radio"/> Forgiveness | <input type="radio"/> Faith | <input type="radio"/> Goodness |
| <input type="radio"/> Experimenting | <input type="radio"/> Financial | <input type="radio"/> Family | <input type="radio"/> Growth |
| <input type="radio"/> Ethics | <input type="radio"/> Freedom | <input type="radio"/> Friendship | <input type="radio"/> Generosity |
| <input type="radio"/> Fairness | <input type="radio"/> Fancy | <input type="radio"/> Fun | <input type="radio"/> Grace |
| <input type="radio"/> Flexibility | <input type="radio"/> Flow | <input type="radio"/> Gratitude | <input type="radio"/> Guard |

- | | | | |
|-------------------------------------|---------------------------------------|---------------------------------------|---|
| <input type="radio"/> Gamble | <input type="radio"/> Humour | <input type="radio"/> Innovation | <input type="radio"/> Income |
| <input type="radio"/> Health | <input type="radio"/> Honesty | <input type="radio"/> Independence | <input type="radio"/> Intelligence |
| <input type="radio"/> Home | <input type="radio"/> Harmony | <input type="radio"/> Integrity | <input type="radio"/> Intuition |
| <input type="radio"/> Hard | <input type="radio"/> Hope | <input type="radio"/> Influence | <input type="radio"/> Initiative |
| <input type="radio"/> Happiness | <input type="radio"/> Humility | <input type="radio"/> Ideas | <input type="radio"/> Ideals |
|
 | | | |
| <input type="radio"/> Inspiring | <input type="radio"/> Kindness | <input type="radio"/> Legacy | <input type="radio"/> Movement |
| <input type="radio"/> Justice | <input type="radio"/> Kin | <input type="radio"/> Loyalty | <input type="radio"/> Minimalism |
| <input type="radio"/> Joy | <input type="radio"/> Love | <input type="radio"/> Leisure | <input type="radio"/> Making a difference |
| <input type="radio"/> Judgement | <input type="radio"/> Leading | <input type="radio"/> Literature | <input type="radio"/> Nurture |
| <input type="radio"/> Knowledge | <input type="radio"/> Learning | <input type="radio"/> Music | <input type="radio"/> Need |
|
 | | | |
| <input type="radio"/> Nature | <input type="radio"/> Originality | <input type="radio"/> Peace | <input type="radio"/> Positivity |
| <input type="radio"/> Opinion | <input type="radio"/> Passion | <input type="radio"/> Perseverance | <input type="radio"/> Pleasure |
| <input type="radio"/> Optimism | <input type="radio"/> Partner | <input type="radio"/> Purpose | <input type="radio"/> Productivity |
| <input type="radio"/> Order | <input type="radio"/> People | <input type="radio"/> Pride | <input type="radio"/> Play |
| <input type="radio"/> Openness | <input type="radio"/> Protection | <input type="radio"/> Power | <input type="radio"/> Professionalism |
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 | | | |
| <input type="radio"/> Quirky | <input type="radio"/> Resilience | <input type="radio"/> Resourceful | <input type="radio"/> Status |
| <input type="radio"/> Quality | <input type="radio"/> Respect | <input type="radio"/> Reliable | <input type="radio"/> Spirituality |
| <input type="radio"/> Quiet | <input type="radio"/> Recognition | <input type="radio"/> Results | <input type="radio"/> Sensuality |
| <input type="radio"/> Responsive | <input type="radio"/> Responsibility | <input type="radio"/> Relationships | <input type="radio"/> Security |
| <input type="radio"/> Real | <input type="radio"/> Risk-taking | <input type="radio"/> Safety | <input type="radio"/> Spontaneous |
|
 | | | |
| <input type="radio"/> Serenity | <input type="radio"/> Simplicity | <input type="radio"/> Self-care | <input type="radio"/> Truth |
| <input type="radio"/> Service | <input type="radio"/> Sport | <input type="radio"/> Self-expression | <input type="radio"/> Tolerance |
| <input type="radio"/> Success | <input type="radio"/> Selflessness | <input type="radio"/> Trust | <input type="radio"/> Team |
| <input type="radio"/> Stewardship | <input type="radio"/> Self-respect | <input type="radio"/> Telling | <input type="radio"/> Thrift |
| <input type="radio"/> Style | <input type="radio"/> Self-discipline | <input type="radio"/> Trying | <input type="radio"/> Travel |
|
 | | | |
| <input type="radio"/> Time | <input type="radio"/> Vision | <input type="radio"/> Wellbeing | <input type="radio"/> _____ |
| <input type="radio"/> Unique | <input type="radio"/> Variety | <input type="radio"/> Wholistic | <input type="radio"/> _____ |
| <input type="radio"/> Understanding | <input type="radio"/> Vulnerability | <input type="radio"/> Worry | <input type="radio"/> _____ |
| <input type="radio"/> Usefulness | <input type="radio"/> Wisdom | <input type="radio"/> Wonder | <input type="radio"/> _____ |
| <input type="radio"/> Unity | <input type="radio"/> Wealth | <input type="radio"/> Wild | <input type="radio"/> _____ |



Step 2: Group common values

List your chosen values from the last activity and organise them into similar categories below.

Step 3: Clarify your top 5 values

List your top 5 most important values below.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Step 4: Think about how often you are expressing your values.

Add your **five key values** from step 3 to the Values Scale below.

How often are you expressing these values on most days?

Select the percentage of time for each value. For example, "Gratitude 80%."


Note: You can enter a custom percentage in the bottom box if required.

Key

90% = very often, 70% = quite often, 50% = sometimes, 30% = rarely, 10% = very rarely

The Values Scale

Value 1	Value 2	Value 3	Value 4	Value 5
100%	100%	100%	100%	100%
90%	90%	90%	90%	90%
70%	70%	70%	70%	70%
50%	50%	50%	50%	50%
30%	30%	30%	30%	30%
10%	10%	10%	10%	10%



Reflection

