

Personal values

Clarifying what matters most to you



Personal values shape how we live, relate, and make choices. They act as an internal compass—quietly guiding how we show up in the world, what we say yes to, what we protect, and what we walk away from.

When you're clear on your values, it becomes easier to make aligned decisions, set meaningful boundaries, and live with a deeper sense of purpose and integrity.

The exercise on page 5 is an invitation to reflect on what's most important to you—right now.

Take a moment to grab your notebook or a piece of paper and a pen.



Use this writing practice to explore what feels most important to you in any area of life—whether that's your relationships, work, wellbeing, or personal growth.

EXPLORING VALUES



Notice which areas in the diagram feel most relevant to you right now. Begin there, and work with each one individually, at your own pace.



You'll see a list of personal values on the next page.

As you read through them, choose the ones that feel meaningful to how you want to live right now—how you want to show up in the areas of life that matter to you most.

Once you've explored the list, try narrowing down to five core values for each area you've chosen. You can also add your own if something important to you isn't listed.

These five values represent what matters most to you at this point in your life. They're not fixed or final—but they can act as a compass, helping you stay connected to what feels true and steady within you. When you're clear on your values, it becomes easier to make choices that reflect your deeper needs and priorities—even in uncertain or difficult moments



Personal Values

Choose words that resonate with you the most or add your own

Authenticity	Duty	Happiness	Learning	Quality time
Autonomy	Determination	Humour	Meaning	Romance
Adaptability	Discipline	Home	Moderation	Responsibility
Adventure	Excellence	Health	Mindfulness	Results
Ambition	Exploration	Independence	Nature	Service
Accountability	Equality	Intelligence	Nurturing	Security
Active	Family	Integrity	Optimistic	Significance
Balance	Fun	Intimacy	Originality	Solitude
Beauty	Friendship	Inner peace	Open minded	Trust
Creativity	Freedom	Justice	Predictability	Travel
Curiosity	Faith	Joy	Purpose	Understanding
Courage	Gratitude	Kindness	Power	Unity
Connection	Generosity	Knowledge	Peace	Variety
Community	Growth	Leisure	Pleasure	Wealth
Comfort	Honesty	Luxury	Proactive	Wonder

After choosing your values,
reflect on:

- Why are these values important to you?
- How do they show up in your life already?
- Where do you feel most aligned—or misaligned—with them?
- What's one small way you could honour one of these values more fully this week?



Remember, your values are living things. They may shift or deepen as you grow.

For now, let these guideposts support you in making more intentional choices—in how you care for yourself, connect with others, and move through the world.

A reminder to carry with you

I am learning to trust myself, even when it feels unfamiliar.

I am allowed to be all of who I am.
I will return to myself again and again,
with honesty and compassion.