



Values Compass Worksheet

Values are different from goals because they are not a one-time accomplishment. Values provide a framework to guide your life and are something you can return to time and time again when you feel confused or stuck. Knowing your values helps point you in the right direction as you journey through life.

Read through the list of values on the following pages. If you have a value that isn't on the list, add it. Listen to your gut and circle the ones that stand out to you. Then read through your choices again and write your personal top 7-10 values on the lines below.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Finally, narrow these choices down to your top 4-5 values and rank them. Write these top values onto your Values Compass on the last page. If you chose 5 values, put your #1 in the center of the compass.

Abundance	Cooperation	Family
Accountability	Courage	Fidelity
Achievement	Courtesy	Fitness
Adventurousness	Creativity	Flexibility
Altruism	Curiosity	Forgiveness
Ambition	Decisiveness	Freedom
Assertiveness	Dependability	Friendship
Authenticity	Determination	Fulfillment
Autonomy	Devoutness	Fun
Balance	Diligence	Generosity
Beauty	Discipline	Gentleness
Belonging	Diversity	Goodness
Boldness	Efficiency	Grace
Calmness	Elegance	Gratitude
Cheerfulness	Empathy	Growth
Clarity	Emotional Health	Happiness
Commitment	Enjoyment	Hard Work
Community	Enthusiasm	Health
Compassion	Environment	Holiness
Connection	Excellence	Holistic Living
Consistency	Expertise	Honesty
Contentment	Exploration	Honor
Contribution	Equality	Humility
Control	Faith	Humour

Independence	Perseverance	Service
Ingenuity	Positivity	Simplicity
Integrity	Practicality	Spirituality
Intimacy	Preparedness	Spontaneity
Intelligence	Professionalism	Stability
Initiative	Prudence	Strength
Intuition	Quality	Structure
Joy	Recognition	Success
Justice	Respect	Support
Kindness	Responsibility	Teamwork
Knowledge	Romance	Thankfulness
Leadership	Reliability	Thoroughness
Legacy	Resourcefulness	Thoughtfulness
Love	Restraint	Timeliness
Loyalty	Results	Tolerance
Nature	Security	Tradition
Obedience	Self-Actualization	Trust
Openness	Self-Expression	Truth
Order	Self-Control	Understanding
Originality	Selflessness	Unity
Partnership	Self-Reliance	Usefulness
Patience	Sensitivity	Vision
Peace	Sensuality	Vitality
Perfection	Serenity	Wisdom

My Values Compass

