

# Values Reflection Worksheet\*

## What are values?

Values are the qualities that define who you are becoming and what you stand for.

They guide how you show up, how you use your energy, what you say “yes” to, and what you consciously release.

- Values are NOT goals.
- They are the *compass* behind your goals.
- They reflect the way you want to behave, live, and relate--- especially during challenging moments.

## In The Aligned Reset™, values help you shift from:

- Auto-pilot → Deliberate living
- Scattered action → Purposeful movement
- Old patterns → Your desired reality

# Values Reflection Worksheet\*

## STEP 1: IDENTIFY YOUR CORE VALUES:

Circle 3–5 values that matter most in this season of your life. (Not what you “should” value — what feels true now.)

*[This is a sample list. Please feel free to add your own values below if not listed].*

Accepting	Courageous	Fun-Loving	Kind	Respectful
Adventurous	Creative	Generous	Loving	Responsible
Assertive	Curious	Genuine	Mindful	Self-Caring
Authentic	Empathic	Grateful	Grateful	Sincere
Caring	Engaged	Helpful	Open	Supportive
Committed	Fair	Honest	Playful	Trusting
Compassionate	Friendly	Humorous	Reliable	Trustworthy
Cooperative	Forgiving			

## Step 2 - Mini-Reflection Prompt:

Ask yourself, “Which value in your life is currently calling for attention now and why?” Write your response:

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*\*Please note: This exercise supports clarity and alignment within a coaching framework. It is not a therapeutic assessment or a substitute for mental health treatment.*