

Values Clarification

Values are important components that greatly contribute to mental health. Sometimes, when we do not have a clear idea of what we value in our lives, it can be hard to know what is and is not important, which could affect your mood, anxiety, and overall thought process. Use this worksheet to explore your values and how they contribute to your self-image.

Core Values Word Bank

*This word bank includes common life values, but not all.
Use this box as a reference when exploring your own values.*

Love
Ambition
Honesty
Spirituality
Self-control
Nature
Friends

Compassion
Financial wellness
Independence
Intelligence
Modesty
Wanderlust
Romance

Kindness
Success
Humility
Creativity
Reason
Family
Self-empowerment

What were your mother's core values?

What were your father's core values?

What were the most important life lessons you learned growing up?

When you make important life decisions, what parts of life do you consider (work, family, personal growth, etc)?

Which values of your parents meant the most to you?

Looking at this list, what are your 5 biggest core values?

How can you work on these core values to improve your mental health and wellness?