🧭 Personal Values Discovery Worksheet

Exploring What Truly Matters

Take your time. These aren't "quick fix" questions. They're meant to help you uncover the deep values that shape your life.

🌱 Life-Giving Moments

1. **What activities make me feel most alive, grounded, or at peace?**

   Examples: walking in nature, cooking for others, prayer, creating, learning, helping…

   My answer:

2. **When in my life have I felt most "myself"? What was happening then?**

   My answer:

🧭 People & Principles

3. **What kind of people do I deeply respect and why?**

   My answer:

4. **What do I want to be remembered for—not just by many, but by those closest to me?**

   My answer:

5. **What principles am I unwilling to compromise, no matter the situation?**

   My answer:

🌿 Faith & Inner Compass

6. **What do I turn to when life feels overwhelming or unbalanced?**

   My answer:

7. **What kind of environment allows me to thrive (physical, relational, spiritual)?**

    My answer:

8. **When do I feel most aligned with my faith or deeper beliefs?**

    My answer:

📚 Patterns & Priorities

9. **Which recurring themes show up in the books, podcasts, or conversations that inspire me?**

    My answer:

10. **What do I consistently prioritise, even when I'm busy or tired?**

    My answer:

11. **What injustices or issues stir something deep in me?**

    My answer:

🛡 Protect & Rebuild

12. **What do I feel called to protect—people, places, values, ways of living?**

    My answer:

13. **If I lost everything tomorrow, what would I fight hardest to rebuild?**

    My answer:

🔁 Alignment Check

14. **When have I felt most out of alignment with my values? What caused that?**

    My answer:

15. **If I had a year to live, how would I spend it—and what would that say about what I truly value?**

    My answer:

Next Step: Identify Themes

Review your answers and look for repeated words, feelings, or priorities. Write down any core themes that keep appearing:

Possible Core Values Emerging:

- _____
- _____
- _____
- _____
- _____
- _____

Once you have a list the next step is to define your clear, actionable values for your V2MOM.