



Finding My Values

What matters to you? What makes you tick? What brings light, joy, and purpose to your life? Do you even know? Do you *really* know? Often, we may have a general idea of what makes us happy, but few of us have spent time doing the deep work of identifying our core values. This task isn't always easy, either! Sometimes, the things that we think *should* make us happy just well, don't. And that's okay! This exercise isn't about identifying what you think should make you happy. It's about looking deep within and choosing the things that really DO make you happy.

Here's the good news – If, up to this point, you haven't been honoring the things that really make you happy, this worksheet is the first step to changing that. After all, you can't move towards your values if you don't know what they are!

If you think you know your values, stick with me. Give this worksheet a try and see if something new doesn't come to the surface when you do this work. After all, what do you have to lose?

The first part of this worksheet is that I'm going to ask you to spend a moment looking at the below words and **highlighting or circling the ones that stand out the most**. If there are words that resonate with you that aren't on the list, I've added a column for you to pencil them in. Don't be shy! I'll wait here...

| Love | Growth | Self-Awareness | Compassion | ADD YOUR OWN BELOW! |
|---------------|--------------|----------------|----------------|---------------------|
| Strength | Wisdom | Kindness | Joy | |
| Power | Service | Spirituality | Challenge | |
| Intimacy | Respect | Order | Fairness | |
| Trust | Nurture | Sensuality | Nature | |
| Communication | Teach | Leisure | Generosity | |
| Adventure | Connection | Connection | Freedom | |
| Innovation | Humor | Reverence | Responsibility | |
| Exploration | Creativity | Inspire | Contribution | |
| Open-Minded | Education | Caring | Achievement | |
| Hope | Honesty | Fitness | Development | |
| Faith | Courage | Justice | Belief | |
| Generosity | Beauty | Skillful | Friendship | |
| Humility | Authenticity | Competition | Community | |
| Confidence | Fun | Positivity | Sexuality | |
| Family | Pleasure | Empathy | Mindfulness | |

Got 'em? Good. Now, I want you to narrow it down to the top five and fill them in below. Now, I hear some of you out there like “Kelly, dude, I have more than five values.” I know, friend, I know. The reason we are focusing on just five is because I don’t want you to get overwhelmed AND because, in the next worksheet, we are going to identify some **actions** that you can take which will direct you towards your values. That might end up being pretty diluted if we were working with 10 or 20 values. I want to stick with the stuff that matters MOST to you. Later on, feel free to come back to this worksheet and go further.

My Top 5 Words

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Consider these words the keys to your values. They might be some of your top values, or they may just be giving you clues to what your values are. The big question here, and this is one that only you can answer, is what they mean to you. So, now I want you to use the space below to write down what these words mean to you. (Hint: If you’re feeling stuck, trying looking up the dictionary definition. Sometimes that can get your noggin cookin’.) Sometimes the original word isn’t the value, but rather a word in your description is the value. Maybe you picked “Love”, but what it really means to you is knowing the inner-workings of your heart and honoring them. So is “Love” your value? Or is it “Self-Understanding”? There is no right answer. This part of the exercise is just about spending some time with your brain. So, take some time to unpack each of the five. And if you start working with a value and it just doesn’t feel right, I give you full permission to come back and change these as often as you like. We are ever-growing, are we not?

| Value Word | Means To Me |
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So, what do you think? Did you find your values? It’s okay if things still seem murky. Spend some time mulling over them, and hopefully they will become clear for you. As long as you identified ONE value, you can move forward with this exercise. If you’ve done this work and you still haven’t found even ONE value, email me. I’d be happy to talk you through it and try to help you connect with what matters to you! – kelly@motherhoodmisfit.com

Lastly, write your top five values below and feel free to move on to the next worksheet!

My Top 5 Values

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