



Values Clarification Worksheet

A simple, grounding tool for identifying what truly matters to you.

Use this worksheet as the quiet foundation for decisions you'll explore throughout the Trek.

WHY THIS WORKSHEET MATTERS

When you face a big decision, clarity doesn't start with information — it starts with values. Your values are the quiet internal signals that tell you what matters, what feels true, and what direction feels aligned.

This worksheet helps you reconnect with those signals so your decision has a strong inner foundation.

HOW TO USE THIS WORKSHEET

Find a quiet space if possible. Answer the prompts honestly, without overthinking. Write what feels true, not what sounds impressive or reasonable. If you get stuck, pause and return later. There's no "right" amount of writing.

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It's normal to have mixed feelings. Values often reveal themselves gradually.

PAGE 2 — VALUES DISCOVERY PROMPTS

Use the prompts below to surface what genuinely matters to you. There are no right answers. Go slow. Honesty > perfection.

“What experiences in my life have felt deeply meaningful, and why?”

Write freely. You can list moments, seasons, or specific events.

“When have I felt most like myself? What values were present in those moments?”

Notice feelings of ease, aliveness, or authenticity.

“What situations consistently drain me or feel misaligned?”

Drains and friction often reveal hidden boundaries and values.

“If no one judged my choices, what would I want more of in my life?”

Imagine releasing expectations, obligations, and external pressure.

“What do I defend, protect, or prioritize without hesitation?”

Look at how you spend your time, energy, and attention when it really matters.

“Which qualities do I admire most in others — and why?”

Admiration is often a mirror of your own values.

“What do I want to stand for in this next chapter of my life?”

Think in terms of direction, not perfection.

“What am I no longer willing to compromise?”

Notice where you feel a clear “no,” even if it’s uncomfortable.

PAGE 3 — VALUES PRIORITIZATION GRID

Your Core Values (Top 5–7)

Review your answers from Page 2. Circle or highlight recurring themes. Choose 5–7 values that feel most essential.

Value 1

Value 2

Value 3

Value 4

Value 5

Value 6 (optional)

Value 7 (optional)

Why These Values Matter for Your Decision

"How do these values influence the decision I'm making right now?"

Bringing Values Into Your Decision

Use these questions to gently check alignment between your values and the options in front of you.

“Which options are most aligned with my top values?”

“Which options conflict with them, and why?”

“If I chose purely from alignment — not fear or pressure — what direction would I lean toward?”

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