

# Bold New Quests

## VALUES DISCOVERY WORKSHEET

*Clarify what matters most so you can live and decide with confidence.*

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### PART 1: Imagine Your Life Aligned

Take a moment to reflect.

**Close your eyes and imagine:**

You wake up energized and content. You move through your day with ease, making choices that feel right. Your time, energy, and decisions reflect what truly matters to you.

What are you doing? Who are you with? What feels important?

**Write down a few thoughts:**

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### PART 2: Define Your Core Values

Read through the list below and circle or highlight 10 words that deeply resonate with you. Don't overthink — trust your gut.

**Sample Values List:**

Authenticity, Adventure, Balance, Beauty, Belonging, Compassion, Creativity, Curiosity, Discipline, Equality, Excellence, Faith, Family, Freedom, Growth, Honesty, Humor, Integrity, Joy, Justice, Kindness, Learning, Love, Loyalty, Mindfulness, Openness, Peace, Purpose, Respect, Security, Self-Expression, Service, Simplicity, Spirituality, Stability, Strength, Trust, Vitality, Wisdom

Feel free to add any that aren't listed here:

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### PART 3: Narrow and Clarify

From your highlighted list, choose your **Top 5 core values**.

Write them here: 1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

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For each one, write a sentence or two about what that value *means* to you in real life. What does this look like when you're living it? Why is it important?

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### PART 4: Values in Action

Choose one area of your life where you'd like more alignment: **Career, Relationships, Health, Family, Time, or Another Area.**

Write it here: \_\_\_\_\_

Now reflect: - Are you currently living your values in this area? If not, what small change could bring you closer to alignment?

**Reflection:** \_\_\_\_\_

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### PART 5: Revisit and Evolve

Your values aren't fixed forever. Life changes — and so do you. Make a habit of revisiting your values every few months or during big transitions.

Next check-in date: \_\_\_\_\_

#### Final Note:

Values don't complicate your life. They clarify it. When you know what matters, you can move forward with strength and ease.

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*This worksheet pairs with the Bold New Quests blog post: "Let Your Values Steady You When Your Ground Shifts."*