

# Top Personal Values Worksheets

To help you kickstart your boundaries journey, you need to be crystal clear on what your top personal values are.

- Values are the foundation of our **boundaries** – “Because I value \_\_\_\_ when (thing happens) I feel (emotions words from Feelings Wheel.)
- Values help us pick up the pieces of our **identity** that was shattered in betrayal. They remind of us of who we are, what we stand for.
- Referring to our personal values will help us make healthy **decisions** in difficult times, that reflect who we authentically are and keep us focused on the right direction forward.
- When our personal values dictate our behavior and actions, we feel more **fulfilled**, and purpose driven.
- Your personal values don’t have to be influenced or approved by any other human being. You have **authority** and agency to decide your values independent of anyone else.
- Personal values can be **fluid** and shift, based on the situation. They aren’t written in stone.

1. Use this sheet to brainstorm 20 values that reflect what’s most important to you.

*You can use the values list at the end for ideas and to stir your imagination or do a search online. The list is just a suggestion – make your own list personal to you, and your dreams and goals for a fulfilled life:*

My top values are currently:

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.

2. After you've listed 20 values, underline the top 10 that are most important to you personally.
3. Among the top 10 you underlined, put an ASTERISK \* next the 3 most important values.
4. Bring this list to our values discussion meeting and be ready to share your top 3 and why they are important to you.
5. Take a moment to consider this very deep and far-reaching question and then complete the statement below: How do you want to be remembered?

I want to be remembered as the person who:

Accomplishment  
Accuracy  
Acknowledgement  
Adventure  
Attachment (human)  
Authenticity  
Balance  
Beauty  
Boldness  
Calm  
Challenge  
Choice  
Collaboration  
Community  
Compassion  
Comradeship  
Confidence  
Connectedness  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity  
Determination  
Directness  
Discovery  
Education  
Ease  
Effortlessness  
Empowerment  
Enthusiasm  
Environment  
Equality  
Excellence  
Fairness  
Faith  
Flexibility

Focus  
Forgiveness  
Freedom  
Friendship  
Fun  
Generosity  
Gentleness  
Growth  
Happiness  
Harmony  
Health  
Helpfulness  
Honesty  
Honor  
Humanitarianism  
Humour  
Idealism  
Independence  
Innovation  
Integrity  
Intuition  
Joy  
Justice  
Kindness  
Learning  
Listening  
Love  
Loyalty  
Mental Health  
Mercy  
Ministry  
Nature  
Optimism  
Orderliness  
Participation  
Partnership  
Passion  
Patience

Peace  
Persistence  
Physical Health  
Presence  
Productivity  
Recognition  
Religion  
Respect  
Resourcefulness  
Romance  
Safety  
Self-Esteem  
Service  
Simplicity  
Spaciousness  
Spirituality  
Spontaneity  
Strength  
Tact  
Thankfulness  
Tolerance  
Tradition  
Transparency  
Trust  
Truth  
Understanding  
Vocation  
Vulnerability  
Unity  
Vitality  
Wisdom