MY VALUES & TRUE NORTH - Discovering What Matters to Me So I Can Make Choices That Honor My Whole Self

Name: _____

Date: _____

Before you begin, I want to give a heads-up. This is not a simple values clarification exercise. This is a multi-part process of deeply clarifying your values and determining which value is your True Noth. I encourage you to do this worksheet over several days to a week so that you can sleep between exercises and give this material some time to "cook" in your heart and mind as you go through this worksheet. If you need extra room, you may use extra paper or do it all separately in your journal.

If you have spent a lot of your life focusing on other people's needs, expectations, or feelings, identifying your own values may feel surprisingly difficult.

There is nothing wrong with you if this exercise feels difficult. You are learning to listen for your own voice. You do not need to come up with the "right" answers. There are no wrong values. This is NOT a test. Take your time. You can pause, come back later, or leave a question unanswered. The goal here is to get to know yourself in a new light because you are worth getting to know!

PART 1 — What Matters to Me and what do I want to become?

Before looking at a list of values, take a moment to listen for what already matters to you. There are no right answers, and you don't have to know exactly what something means yet.

1. When have I felt most like myself?

Think of a time when you felt genuine, alive, grounded, connected, or simply *like you.*

Where were you? What was happening? What mattered most to you in that moment?

Take some time to reflect here:

2. What matters enough to me that I notice when it is missing or violated?

Think about something that has left you feeling deeply hurt, angry, disappointed, resentful, or disconnected from yourself. Sometimes strong emotions point toward something we value.

What felt important enough to you that its absence or violation affected you so deeply?

3. Who do I want to be?

Think about someone you admire, or simply the qualities you most want to embody yourself.

What qualities matter to you? What do they tell you about the person you want to be?

Complete these sentences without overthinking them.

I want to be the kind of person who…

Something I never want to lose about myself is…

Something I am beginning to reclaim is…

PART 2 — Explore Your Values

Read through the words below. Circle, underline, or mark the ones that feel meaningful to you.

You do not need to choose the ones that sound admirable. Choose what feels *deeply meaningful* to you without overthinking. Choose the ones that feel *personally* important.

Put a star by the ones that feel the most significant, and put a check-mark by the ones you want in your life but aren't as significant to you.

Possible Values

Authenticity-Being genuine and true to myself

Belonging-Feeling connected and accepted

Compassion-Responding to myself and others with kindness

Connection-Having meaningful relationships

Courage-Being willing to act even when I feel afraid

Creativity-Expressing myself and bringing new things into the world

Curiosity-Learning, exploring, and remaining open

Dignity-Recognizing my inherent worth and treating myself accordingly

Empathy-Seeking to understand another person's experience while staying connected to mine

Equity-Having relationships in which responsibility, care, and consideration are mostly mutual

Family-Nurturing meaningful family relationships

Freedom-Having the ability to make choices for myself

Growth-Continuing to learn and develop

Honesty-Living and communicating truthfully

Humility-Being open to learning and recognizing that I don't have to be right or perfect

Independence-Being able to think and act for myself

Integrity-Living in a way that aligns with what I believe

Intimacy-Allowing myself to be genuinely known and connected with others

Part 2 (continued)

Joy-Making room for pleasure, delight, and aliveness

Justice-Caring about fairness and what is right

Love-Giving and receiving genuine love

Mindfulness-Being present and aware of what is happening within and around me

Peace-Creating calm and reducing unnecessary conflict

Play-Making room for fun, lightness, and spontaneity

Reciprocity- Giving and receiving in ways that feel mutual, sustainable, and safe

Respect-Honoring myself and others

Safety-Having physical, emotional, relational, or psychological safety

Self-Compassion-Offering myself the same care and kindness I would offer someone I love

Self-Expression-Allowing my thoughts, feelings, needs, creativity, and personality to have a voice

Self-respect-Treating myself as someone whose needs and dignity matter

Simplicity-Choosing what is enough rather than always doing, achieving, or accumulating more

Spirituality / Faith-Living in connection with what gives life meaning

Stability-Creating consistency, security, and grounding

Truth-Being willing to acknowledge reality as it is

Trust-Building relationships based on reliability and honesty

Voice-Being able to speak, express, and advocate for myself

Well-being-Caring for my whole self

Wisdom-Using experience, discernment, and reflection to make choices that allow authenticity

Other: _____

_____

PART 3 — Narrow It Down

Looking at the values you selected, notice the ones you put a star beside. Considering those more important values, choose 5 of those values that feel especially important right now. These are *not* necessarily the values you think you should have. They are the values that *feel* most alive or meaningful to you.

My 5 Values

1) _____what it means to me_____

2) _____what it means to me_____

3) _____what it means to me_____

4) _____what it means to me _____

5) _____what it means to me _____

PART 4 — My True North

Now we get to the heart of the exercise. Look at your 5 values. Imagine that you could keep only one. Not because the others don't matter. But because one value feels like it could serve as a compass for the others.

Ask yourself:

"*If I lived according to this value, would it help me live more fully according to the other values that matter to me?*"

For example:

If self-respect is your True North, it might influence how you approach relationships, honesty, boundaries, safety, and authenticity.

If authenticity is your True North, it might influence your voice, relationships, choices, and self-expression.

If connection is your True North, it might influence how you approach love, family, compassion, and belonging.

There is no universally correct True North.

Your True North is yours.

My Top Three Values:

1. _____

2. _____

3. _____

Now imagine you can keep only one.

My True North is:

_____

My True North Statement

"I want to build a life that honors

_____.

For me, that means

_____.

And when I lose my way, I can return to

_____."

You can notice when something happens that doesn't align with your values, even when it is your own behavior. You can repair any harm you may have caused without beating yourself up.

The noticing is an important step in the right direction. When we take the time to notice we are already growing.

You can return to yourself by looking at your values list and choosing what direction you want to move from this point forward. It is all a learning process and ***NO ONE gets it "right" 100 percent of the time***.

Give yourself enough grace to allow yourself to be human and imperfect, and to keep learning.

You can notice.

You can repair.

You can return