



Values Compass

Part 1: Values Exploration

Review the following values list. Circle 15-20 that resonate most strongly with you as guiding principles in your life. Add any important values not listed.

Achievement | Adventure | Authenticity | Balance | Beauty
Belonging | Compassion | Contribution | Courage | Creativity
Curiosity | Determination | Fairness | Faith | Family
Freedom | Friendship | Growth | Harmony | Health
Honesty | Honor | Humor | Independence | Innovation
Integrity | Joy | Justice | Kindness | Knowledge
Leadership | Learning | Love | Loyalty | Mindfulness
Order | Passion | Peace | Pleasure | Power
Recognition | Respect | Responsibility | Security | Self-discipline
Service | Spirituality | Stability | Success | Tradition
Trust | Wealth | Wisdom | Other: _____ | Other: _____

Part 2: Values Prioritization

From your circled values, select the 5-7 that feel most essential to you. Then rank them in order of importance (1 being most important):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



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Part 3: Values Definition

For your top 5 values, create a personal definition that captures what each means specifically to you:

Value 1: _____

My Definition:

Value 2: _____

My Definition:

Value 3: _____

My Definition:

Value 4: _____

My Definition:

Value 5: _____

My Definition:

“Your values are the compass that guides you toward your most authentic and fulfilling life. Regular reflection and intentional alignment create the foundation for purposeful living and meaningful contribution.”