

My Values Compass

Discover what matters most — and let it guide you

“When we know what we value, we know how to live.”

Our values are the things that matter most deeply to us — not what we think we should value, but what actually gives our life meaning and direction. Living in alignment with our values, even in small ways, is one of the foundations of psychological wellbeing.

STEP 1 — CIRCLE YOUR TOP VALUES

From the list below, circle or highlight up to 10 that feel most true to who you are or who you want to be:

- | | | | |
|---------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|
| ☐ Faith | ☐ Family | ☐ Honesty | ☐ Compassion |
| ☐ Freedom | ☐ Growth | ☐ Rest | ☐ Creativity |
| ☐ Justice | ☐ Courage | ☐ Belonging | ☐ Integrity |
| ☐ Service | ☐ Adventure | ☐ Simplicity | ☐ Wisdom |
| ☐ Humility | ☐ Joy | ☐ Connection | ☐ Peace |
| ☐ Authenticity | ☐ Contribution | ☐ Health | ☐ Beauty |

STEP 2 — NARROW TO YOUR TOP 5

My top 5 values:

STEP 3 — BRING THEM TO LIFE

For each of your top values, write one small, specific way you could honour it this week:

Value 1:

How I'll honour it:

Value 2:

How I'll honour it:

Value 3:

How I'll honour it:

Value 4:

How I'll honour it:

Value 5:

How I'll honour it:

STEP 4 — REFLECT

Where am I most out of alignment with my values right now?

One small step toward living more aligned:

You were made with purpose. Your values are not accidents — they point toward who you truly are.