



Self-Worth and Your Values:

A Guided Worksheet



Each one of us is a universe of experiences, dreams, and gifts. Knowing your worth starts with recognizing your core values. These values are your inner compass, leading you towards authenticity and love. Let's embark on this journey of self-discovery and alignment.



Part A:

Defining Your Core Values

1. Unearth Your Values:

Ponder the moments when you felt most alive, connected, or at peace. What values were you aligning with in those moments?

Value 1:

Value 2:

Value 3:

Value 4:

Value 5:

(Continue listing as many values as resonate with you...)

Part B: Questions to Align with Your Values

1. Clarity Through Self-Inquiry:

These questions will guide you closer to your authentic self.

- Does this decision or action align with my values?
- How would I feel tomorrow if I made this choice?
- What would I advise a loved one to do in this situation?
- If I honor my values in this scenario, how might it influence my future self?



Part C: Using Values to Illuminate Your Path

Guidance:

When faced with choices, cross-check them with your core values. If something doesn't align, it's a beacon indicating the need for reconsideration. Embrace the power of saying "no" to what doesn't serve your true self.

1. Upcoming Decisions:

Contemplate the choices in your near future.

Decision/Situation/Choice:

Aligned Value(s):

Action/Response based on Value:

2. Reflections and Realizations:

Look back and forge ahead.

A past choice I made that honored my values:

A situation where I can better align with my values in the future:





Part D:

A Commitment to Yourself

Pledge:

I commit to living a life that mirrors my deepest values. If a choice, relationship, or opportunity compromises these values, I recognize the strength in walking away or reshaping the narrative. I deserve a life that echoes the truths of my authentic self.

Remember, that you are worthy of a life that accentuates your value and chimes with your true identity. Let your values be your compass pointing you in the direction of your most true self.



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