

# Clarity Through Your Values: Discovery Worksheet

Understanding your core values is one of the most powerful tools for personal growth and authentic living. Your values serve as an internal compass, guiding your decisions, shaping your behaviors, and defining what truly matters to you. When you live in alignment with your values, you experience greater fulfillment, clarity, and purpose. This exercise, adapted from Taproot, will help you identify and clarify the fundamental principles that drive your life. Through a thoughtful process of selection, reflection, and refinement, you'll emerge with a clear understanding of what matters most to you.



# Step 1: Identify Values That Resonate

Begin by reading through the comprehensive list of values provided. This initial step is about intuition and recognition rather than analysis. As you encounter each value word, notice your internal response. Does it spark something within you? Does it feel like an essential part of who you are or who you aspire to be?

**Important guidelines for this phase:** Trust your first instinct. Don't overthink or second-guess yourself. There are no wrong choices here—only authentic ones. Write down every value that resonates with you, even if you're not entirely sure why. If you think of additional values not listed, include those as well. This is about casting a wide net to capture the full spectrum of what matters to you.

Remember, you're not committing to anything permanent at this stage. You're simply acknowledging what speaks to your heart and aligns with your sense of self. Some people select 10-15 values, while others may choose 30 or more. Both approaches are perfectly valid.



## Pro Tip

Set aside 20-30 minutes in a quiet space where you can reflect without interruption. Consider what values have guided your proudest moments and toughest decisions.

# The Complete Values Inventory

Below is an extensive collection of values to consider. Read through each one thoughtfully, circling those that resonate deeply with who you are. This list represents the diverse range of principles that guide human behavior and decision-making.

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| <b>Personal Growth &amp; Achievement</b> | Abundance, Accomplishment, Achievement, Advancement, Ambition, Being the Best, Brilliance, Challenge, Dedication, Excellence, Growth, Innovation, Learning, Leadership, Motivation, Performance, Personal Development, Power, Preparedness, Proactivity, Recognition, Success, Vision  |
| <b>Relationships &amp; Community</b>     | Acceptance, Appreciation, Caring, Charity, Collaboration, Commitment, Community, Compassion, Contribution, Cooperation, Empathy, Encouragement, Family, Friendships, Generosity, Helpfulness, Inclusiveness, Kindness, Love, Making a Difference, Relationships, Selflessness, Service, Support, Teamwork, Thoughtfulness, Understanding, Warmth |
| <b>Integrity &amp; Character</b>         | Accountability, Authenticity, Consistency, Credibility, Dependability, Ethics, Fairness, Honesty, Loyalty, Professionalism, Reliability, Respectfulness, Responsibility, Trustworthiness   |
| <b>Well-being &amp; Joy</b>              | Balance, Calmness, Cheerfulness, Enthusiasm, Fun, Grace, Happiness, Harmony, Health, Humor, Inspiration, Joy, Optimism, Passion, Peace, Playfulness, Serenity, Self-Care, Spontaneity, Tranquility, Vitality, Well-Being, Zeal   |
| <b>Autonomy &amp; Innovation</b>         | Autonomy, Attractiveness, Beauty, Boldness, Cleverness, Creativity, Daring, Expressiveness, Flexibility, Freedom, Independence, Individuality, Innovation, Open-Mindedness, Originality, Resourcefulness, Risk-Taking, Self-Control, Uniqueness, Versatility   |
| <b>Wisdom &amp; Awareness</b>            | Consciousness, Curiosity, Intelligence, Intuition, Knowledge, Mindfulness, Peace, Reflection, Spirituality, Wisdom, Vision   |
| <b>Security &amp; Order</b>              | Balance, Dependability, Order, Preparedness, Punctuality, Safety, Security, Simplicity, Stability, Traditionalism  |

# Understanding Your Selections

Now that you've identified the values that resonate with you, take a moment to reflect on your selections. Look at the words you've written down. What patterns do you notice? Are there themes that emerge? Perhaps you've selected many values related to relationships and connection, or maybe you've gravitated toward values of achievement and excellence.

This reflection phase is crucial because it helps you begin to see yourself more clearly. Your value selections aren't random. They reflect your life experiences, your upbringing, your aspirations, and your authentic self. Some values may represent who you are today, while others might represent who you're becoming or who you aspire to be. Both are valid and important.

**Consider these questions:** When have you felt most fulfilled in your life? Which of your selected values were present in those moments? When have you felt most conflicted or stressed? Were you perhaps acting against one of your core values? Understanding the "why" behind your value selections deepens their meaning and makes them more actionable in your daily life.

# Step 2: Group Similar Values Together

With your selected values in front of you, it's time to organize them into meaningful clusters. Look for natural groupings- values that share similar themes, purposes, or feelings. This process helps you see the bigger picture of what drives you.

**Create a maximum of five groupings.** This constraint is intentional. It forces you to prioritize and make meaningful distinctions between your values. If you find yourself with more than five groups, it's time to make some choices. Which groupings are most central to who you are? Which ones, while important, are perhaps secondary?

There's no perfect way to group values – what matters is that the organization makes sense to you personally. You might group values by life domain (work, relationships, personal growth), by theme (connection, achievement, well-being), or by any other logic that feels right.



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01

## Review Your List

Lay out all your selected values where you can see them clearly

02

## Find Connections

Look for values that seem related or that serve similar purposes in your life

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## Create Clusters

Begin physically or mentally grouping similar values together

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## Refine to Five

If you have more than five groups, consolidate or drop the least essential ones

# Example: Value Groupings in Action

To help you visualize this process, let's examine a real example of how someone might group their values. Notice how each cluster contains values that share a common thread or contribute to a similar life domain. This example demonstrates that values within a group don't need to be synonyms—they simply need to relate to each other in a meaningful way.

## 1 Security & Independence

This group centers on personal sovereignty and stability: Abundance, Growth, Wealth, Security, Freedom, Independence, Flexibility, Peace

## 2 Connection & Impact

These values focus on relationships and positive influence: Acceptance, Compassion, Inclusiveness, Intuition, Kindness, Love, Making a Difference, Open-Mindedness, Trustworthiness, Relationships

## 3 Gratitude & Presence

This cluster emphasizes appreciation and awareness: Appreciation, Encouragement, Thankfulness, Thoughtfulness, Mindfulness

## 4 Holistic Well-Being

These values support overall health and growth: Balance, Health, Personal Development, Spirituality, Well-Being

## 5 Joy & Positivity

This group captures the essence of positive experience: Cheerfulness, Fun, Happiness, Humor, Inspiration, Joy, Optimism, Playfulness

Notice how this person identified five distinct areas that matter to them: their autonomy and resources, their relationships and impact, their mindfulness practice, their overall wellness, and their capacity for joy. Each grouping tells part of their story and reveals what they prioritize in life.

# Step 3: Choose Your Core Value Labels

This is where your values crystallize into their most essential form. For each of your five groupings, select one word that best captures the spirit of that entire cluster. This word becomes the label—the core value—that represents all the related values within that group.

Choosing your labels is both an art and an act of self-discovery. The word you select should resonate deeply with you. It should feel like home. When you read it, you should immediately understand what it means for your life. **Trust your intuition here.** The "right" label is the one that speaks most powerfully to you, regardless of what anyone else might choose.

Some people choose the value that feels most encompassing—the umbrella term that covers all the others. Others select the value that feels most aspirational or the one they want to emphasize in their life right now. There's no wrong approach. What matters is that your five core values feel authentic and meaningful to you.

In our previous example, the person chose: **Freedom**, **Making a Difference**, **Mindfulness**, **Well-Being**, and **Happiness**. Each of these words encapsulated an entire constellation of related values and represented a fundamental pillar of their life philosophy.

# Living Your Core Values



Identifying your core values is just the beginning. The real transformation happens when you begin to consciously align your life with these values. Your five core values become a decision-making framework, a source of motivation, and a touchstone for authentic living.

**Ask yourself regularly:** Are my daily actions reflecting my core values? When I face difficult choices, which value takes priority? Where am I living out of alignment with what matters most to me?

Values aren't meant to be rigid rules but rather guiding principles. They evolve as you grow and as your life circumstances change. What remains constant is the practice of checking in with yourself, ensuring that how you're living reflects what you truly value.



## Daily Alignment

Start each day by reviewing your core values. Ask yourself how you can honor each one in your activities and interactions today.



## Goal Setting

Set goals that directly support your core values. This ensures your ambitions are aligned with your authentic self and increases motivation.



## Decision Making

When faced with important decisions, evaluate your options through the lens of your core values. Which choice best aligns with what matters most to you?



## Self-Reflection

Regularly assess whether you're living in alignment with your values. When you feel stressed or unfulfilled, it's often a sign of values misalignment.

# Common Insights & Reflections

As you complete this exercise, you may discover some surprising insights about yourself. Many people find that their stated priorities don't always match their actual behavior—a valuable revelation that can spark meaningful change. Others realize that certain values they thought were important are actually expectations from others rather than authentic personal priorities.

*"Understanding my core values helped me see why I was so unhappy in my previous career. I was sacrificing creativity and independence for security, but I realized that freedom and self-expression were non-negotiable for me."*

*"I always thought success meant achievement and recognition, but through this exercise, I discovered that connection and making a difference were actually my deepest values. It completely changed how I approach my work."*

## When Values Conflict

Sometimes your core values will be in tension with each other. You might value both adventure and security, or both independence and community. This isn't a problem to solve—it's a reality to navigate. Recognizing these tensions helps you make more conscious choices and understand the trade-offs inherent in your decisions.

The key is awareness. When you understand which values are pulling you in different directions, you can make intentional choices rather than feeling torn or confused. You might choose to honor different values in different life domains or at different life stages.

## Values Evolution

Your core values may shift over time, and that's perfectly natural. Major life transitions—career changes, relationships, parenthood, loss, personal growth—can all influence what matters most to you. Revisit this exercise periodically, perhaps annually or during significant life changes.

What typically remains stable is having *some* core values that guide you. The specific content may evolve, but the practice of values-aligned living remains relevant throughout your life. Growth doesn't mean abandoning your values—it means refining your understanding of them.

# Your Values, Your Journey

Congratulations on taking this important step toward self-awareness and intentional living. You now have a clear framework for understanding what drives you, what fulfills you, and what matters most in your life. Your five core values are uniquely yours—a personal compass that can guide you through both everyday decisions and life's most significant crossroads.

Remember that this isn't a one-time exercise but rather the beginning of an ongoing practice. As you move forward, keep your core values visible and accessible. Write them down, share them with trusted friends or family, and refer to them regularly. The more consciously you engage with your values, the more authentic and fulfilling your life becomes.



## Document Your Values

Write your five core values where you'll see them daily—a journal, your phone, your workspace.



## Share Your Discovery

Discuss your values with people close to you. Their reflections may deepen your understanding.



## Take Action

Identify one concrete way to better align your life with each core value this month.



## Review Regularly

Set a reminder to revisit this exercise in 6-12 months and observe how you've grown.

Living according to your values isn't about perfection – it's about awareness, intention, and continuous growth. You now have the tools to create a life that feels authentic, purposeful, and deeply satisfying. Trust yourself, honor your values, and embrace the journey ahead. Your values are your foundation. Build your life upon them.

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