CROWN COUNSELING

Values Cards (1 of 2)

Cut out the cards. Sort them into three piles: very important, important, not important. Then pick your top 5.

Achievement Reaching goals and doing things well.	**Adventure** Trying new things and going new places.	**Authenticity** Being real, even when pretending would be easier.	**Balance** Room for work, rest and the people you love.
Beauty Noticing and making beautiful things: art, music, places.	**Belonging** Being part of a group where you fit.	**Calm** A steady mind and a quieter pace.	**Caring** Looking after the people around you.
Community Being part of where you live, and helping it.	**Courage** Doing what matters, even when you are scared.	**Creativity** Making things and finding new ways to do them.	**Curiosity** Asking questions and wanting to understand.
Fairness Treating people equally, and speaking up when they are not.	**Faith** Living by your spiritual or religious beliefs.	**Family** Being close to the people you call family.	**Freedom** Making your own choices about your life.
Friendship Having close friends, and being a good one.	**Fun** Play, laughter and not taking everything so seriously.	**Generosity** Giving your time, help or things.	**Gratitude** Noticing and appreciating what you have.

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Values Cards (2 of 2)

Cut out the cards. Sort them into three piles: very important, important, not important. Then pick your top 5.

Growth Learning and becoming more of who you want to be.	**Health** Taking care of your body and mind.	**Honesty** Telling the truth, to others and to yourself.	**Humor** Finding the funny side, and sharing it.
Independence Standing on your own two feet.	**Kindness** Being warm and gentle with others.	**Knowledge** Learning, reading and understanding things deeply.	**Leadership** Guiding others and stepping up when needed.
Love Giving and receiving love in close relationships.	**Loyalty** Sticking by people and keeping your word.	**Nature** Time outdoors, and caring for the earth.	**Order** Having things organized and predictable.
Patience Staying steady and waiting well.	**Purpose** Doing something that feels meaningful.	**Respect** Treating people, and yourself, with dignity.	**Responsibility** Doing what you said you would do.
Security Feeling safe, settled and stable.	**Self-care** Treating yourself with the care you give others.	**Skill** Getting really good at something.	**Tradition** Keeping customs and heritage alive.

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My Values Worksheet

Name _____ Date _____

Write your top 5 values. Circle how much you are living each one right now, from 0 (not at all) to 10 (completely). Then choose one small action you could take this week.

My value	How much am I living it?	One small action this week
1	0 1 2 3 4 5 6 7 8 9 10	
2	0 1 2 3 4 5 6 7 8 9 10	
3	0 1 2 3 4 5 6 7 8 9 10	
4	0 1 2 3 4 5 6 7 8 9 10	
5	0 1 2 3 4 5 6 7 8 9 10	

Which value has the biggest gap? What gets in the way?

What might I feel when I take the small step? Can I take it anyway?

Who could help, or who would notice?

Values are directions, not finish lines. You never complete kindness or courage, but you can take one step toward them today. This worksheet draws on acceptance and commitment therapy (ACT), developed by Steven C. Hayes and colleagues.

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