



*Are You Living
Your Values?*



VALUES ALIGNMENT WORKBOOK!

WHAT ARE VALUES AND WHY DO THEY MATTER? Your values are your guiding principles, an internal compass that points you toward what truly matters to you in life.

When you're living your values, you're being authentic and showing up as the real you.

But those moments when life feels "off", when you're dissatisfied, restless or something just doesn't feel right, it's often because there's a gap between your values—and how you're living.

This can directly affect your day-to-day experience: how much you enjoy your work, how happy or energized you feel and ultimately, how joyful and fulfilled your life feels.

And remember: values work never ends! Your values can vary by situation (eg. between work and home) and they also naturally shift as your priorities change over time.



Instructions: Are You Living Your Values?

In this workbook you'll assess how well you're living your values. Then you'll review and reflect before choosing 3 actions to be truer to yourself—and live in greater alignment with what you value most.

1. **Begin by making a list of your Top 10 Values** in the Values Assessment Table overleaf.
 - Don't know your values? For a quick start, see the *Appendix: Values Example List* for ideas. Then, using the list for inspiration, choose 10 principles that are most important to you in life or work.
2. Next, **give each value a score ____ / 10**.
 - Reflect on your life. Think about—and feel into—each value, and how life currently feels for you.
 - Then score how fully you're living that value in your life now (where 0 is not at all and 10 is completely).
 - **IMPORTANT:** Use your gut-feel. This should be the **FIRST** number (score) that pops into your head, not the number you think it should be! *See the scoring examples in the blue box below.*
3. Once you've scored each value, **complete the remaining 2 columns** in the table.
 - **TIP:** Complete the key factors column for each value (there may be some helpful and interesting patterns), *before* completing the ideas column.
4. Finally, **turn to page 3 to review your answers, come up with some ideas and choose 3 actions** to bring your values back into alignment at work or in your life.

Some value scoring examples:

- You have a value of "Adventure", and you've just booked a hiking trip to Nepal with friends—your score is 9/10.
- You have a key value of "Fun", but you've been working so much, you've not had any fun in weeks—your score is 4/10.
- Your third most important value is "Health", yet you've been staying up late and feel exhausted—your score is 3/10.

1) Complete the Values Assessment Table Below



	Your Top 10 Values	Score /10	What are the key factors that contribute to this score?	What ideas do you have to live this value more fully?
1			• • •	•
2			• • •	•
3			• • •	•
4			• • •	•
5			• • •	•
6			• • •	•
7			• • •	•
8			• • •	•
9			• • •	•
10			• • •	•

2) Review Your Results

What (if anything) surprised you from your values review? _____

Now, are you living your values? For value scores that are 8 or more out of 10: Great!

- Consider: What would make this value score a 10 out of 10?
- What small shift or tweak would make this value come fully alive for you?



For value scores that are 7 or less out of 10, there's room for improvement!

- As you review your completed table, what patterns and themes do you notice?
- What, specifically, are you doing—or not doing—that negatively impacts your values?
- What could you do (or approach) differently, so you feel good about this value in your life?

3) Explore Ideas

Answer the questions below to help you choose 3 actions to be more authentic in your life:

What gets in the way of living a life more aligned with your values? _____

Which (if any) of your values compete with each other? _____

What have you been avoiding? _____

What would make your life more meaningful or fulfilling? _____

What would give you more energy and/or joy? _____

What change/s or action/s would be easiest to make? _____

What change, if you made it, would have the biggest impact? _____

What change *should* you make first? _____

And what change do you *want* to make first? _____

4) Take Action: What Are Your Next Steps?



Finally, choose 3 actions to be truer to yourself, and live in greater alignment with what you value most:

Action 1 _____ By When _____

Action 2 _____ By When _____

Action 3 _____ By When _____

How will you feel when you complete these actions? _____

Appendix - Value Examples



- The Sample Values List below is ONLY to give you ideas. We are all unique, so there will be words that are missing from this list, and different words that sum up your values better.
- Which of the words below resonate with and inspire you? What values/words would you add?
- Common Top 10 Values include: Love/Kindness, Relationships/Community, Health, Fun/Play, Creativity, Integrity/Honesty/Loyalty/Respect, Freedom/Adventure/Independence, Joy/Happiness, Safety/Security, Courage.
- Finally, remember that our values deepen, change and shift in importance over time and in different situations.

* Accomplishment	* Focus	* Presence
* Accuracy	* Forgiveness	* Productivity
* Acknowledgement	* Freedom	* Recognition
* Adventure	* Friendship	* Respect
* Authenticity	* Fun	* Resourcefulness
* Balance	* Generosity	* Romance
* Beauty	* Gentleness	* Safety
* Boldness	* Growth	* Self-Esteem
* Calm	* Happiness	* Service
* Challenge	* Harmony	* Simplicity
* Collaboration	* Health	* Spaciousness
* Community	* Helpfulness	* Spirituality
* Compassion	* Honesty	* Spontaneity
* Comradeship	* Honour	* Strength
* Confidence	* Humour	* Tact
* Connectedness	* Idealism	* Thankfulness
* Contentment	* Independence	* Tolerance
* Contribution	* Innovation	* Tradition
* Cooperation	* Integrity	* Trust
* Courage	* Intuition	* Understanding
* Creativity	* Joy	* Unity
* Curiosity	* Kindness	* Vitality
* Determination	* Learning	* Wisdom
* Directness	* Listening	* _____
* Discovery	* Love	* _____
* Ease	* Loyalty	* _____
* Effortlessness	* Optimism	* _____
* Empowerment	* Orderliness	* _____
* Enthusiasm	* Participation	* _____
* Environment	* Partnership	* _____
* Excellence	* Passion	* _____
* Fairness	* Patience	* _____
* Flexibility	* Peace	* _____

Wrap-up

Living our values means living more authentically—and that's both good for the soul and immensely satisfying. I hope this Values Alignment Workbook helps you find more energy, joy and fulfilment in life!

“

Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.

Brené Brown

About Fierce Kindness

At Fierce Kindness we believe that courage and kindness is what we, and our world, need. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, *fierce* kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

We spread the word about the necessity of Fierce Kindness toward ourselves, others and our world through community, resources, stories, articles, inspiring and beautiful quotes and much more.

We want to change the world! But to change our world, we must start with ourselves. And so, here at Fierce Kindness, we love to help people get to know themselves deeply through worksheets and workbooks like this one!



Our goal is that you can come to Fierce Kindness any time to:

- Find community and get inspiration and ideas for your life!
- Get kindness tips and techniques to be kind to yourself & others.
- Get inspired to get out there and make a difference, making the world a better place.



If you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

About the author: Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country—but still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within—along with great courage. And realised we are ALL much braver and more capable than we realise. She believes that with Fierce Kindness, not only will we enjoy life more, but we also make our world a better place. She has dedicated herself to creating a Fierce Kindness movement.

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Cover image of smiling relaxed and happy person by [Kraken Images](#)