



Clarifying your values

Values are individual beliefs that motivate people to act one way or another and serve as a guide for human behavior. Values can include our spiritual or religious beliefs, morals, personal and cultural values, and political views.

Clarifying your core values can help you determine who and what you want in your life. When you face a challenging situation or have to make an important decision, you can refer back to your core values and ask, *“Is this truly aligned with who I am?”*

Sometimes our struggles with self-esteem, self-worth, and mood are also linked to engaging in behaviors not aligned with our values. Defining your personal values will help you ensure that you act according to what truly matters to you.

Start to identify your values by brainstorming for 5 to 10 minutes about values that might reflect who you are.

What things or activities make you happiest?

What do you stand for? What are you willing to speak up for or against?

**What values were you taught as a child? Which of them do you believe in?
Which of them no longer serve you?**

**What personal traits do you value in yourself and your mentors, heroes,
friends, family, and/or significant others?**

**Which traits or values do you hope to instill in your children or younger
generations?**

What couldn't you live without?

Now write down 5-10 of your most important values.

Use your list of values to write a short personal mission statement that describes how you would like to live.

Want to learn how to live in alignment with your values and accept yourself in the process? Scan the QR code to learn 6 steps to self-acceptance. Discover how to build self-compassion and create a meaningful life based on your true self.

