



Eliciting Values

Discover what matters. Use it as your compass.



A guided workbook to help you uncover the values beneath your goals, stories and choices - and turn those values into practical direction.

A gentle, practical resource from Align with Sari

01 What are values?

Values are the qualities, principles and experiences that matter to you - the things that make a life feel meaningful and aligned. They are different from goals: a goal is something you achieve; a value is something you can keep expressing along the way.

Why explore your values?

When you are clear about what matters, decisions can become easier to navigate. Values can give you a useful compass when life feels busy, uncertain or full of competing demands. They can also help you understand why a goal matters to you in the first place.

How to use this workbook

- Choose one area of life to explore - work, relationships, family, wellbeing or your next chapter.
- Answer quickly at first. Your first response is often worth exploring.
- Look for the feeling or principle underneath your answer.
- There is no “correct” set of values. Yours are yours.
- Circle or highlight the words that feel most alive for you.

A gentle starting point

Ask yourself: *“When life is going well, what am I experiencing, giving or being that matters deeply to me?”*

02 Discover what matters to you

Read each prompt slowly. Write whatever comes to mind - stories, people, moments, feelings or qualities.

A time when I felt most alive or fulfilled was...

A person I deeply admire - and the quality I admire in them - is...

A moment when I felt proud of myself was...

Something I would find difficult to live without is...

03 From stories to values

Now look underneath your answers. What quality or principle is present? For example, “I loved travelling with my daughter” might point towards *connection*, *adventure*, *family* or *freedom*.

Possible values words

Connection • Freedom • Adventure • Growth • Creativity • Security • Love • Family • Health • Integrity • Contribution • Learning • Peace • Fun • Courage • Independence • Kindness • Authenticity • Balance • Respect • Purpose

The values I can hear underneath my answers are...

Which three feel especially important right now?

1. _____ 2. _____ 3. _____

04 Turn values into direction

A value becomes powerful when it moves from a word on a page into everyday choices. Choose your top three and ask what living them could look like this week.

How important is this value to me right now?

1	2	3	4	5	6	7	8	9	10
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Value 1 - what would living this value look like in practice?

Value 2 - what would living this value look like in practice?

Value 3 - what would living this value look like in practice?

05 Your values compass

Use this page whenever you are facing a decision. You do not need to find a perfect answer - simply notice which option is more aligned with what matters to you.

A decision I am considering is...

Which values are involved?

If I acted more in line with my values, what would I do?

My smallest values-aligned step is...

Reflection

Where in my life am I already living these values? Where would I like to express them more fully?

Take what supports you. These worksheets are invitations to reflect, experiment and notice. They are not tests you can pass or fail.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

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