



Recovery Coaching Series

*Personal Values Workbook
A Guide to Discovering and
Affirming What Matters
Most to You*

Prepared by Sense of Care

Introduction

Welcome to a personal journey towards deeper self-understanding. This workbook is your companion in uncovering your core values, the invisible forces that shape your actions, decisions, and satisfaction with life.

What Are Values?

Values are deeply held beliefs about what is right, important, and worthwhile. They serve as a compass that guides your behavior, decisions, and relationships.

Why Are Values Important?

Values give you a sense of purpose and direction. They help you live more intentionally and make choices that bring you happiness and fulfillment.

Exercise 1.1: Reflecting on Value Influences

Think about the influences that have shaped your values. Write about the role of family, culture, religion, education, and personal experiences in the table below.

Influence	How It Shaped My Values
Family	
Culture	
Religion	
Education	
Personal Experiences	

Identifying Your Values

Here's a list of common personal values to help you get started.
Feel free to add your own.

Accountability
Achievement
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Belonging
Boldness
Bravery
Calmness
Carefulness
Challenge
Charity
Clarity
Cleanliness
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Conservation
Consistency
Contentment
Continuity
Contribution
Cooperation
Courage

Creativity
Curiosity
Decisiveness
Dedication
Dependability
Determination
Development
Devotion
Dignity
Diligence
Discipline
Diversity
Duty
Effectiveness
Efficiency
Elegance
Empathy
Empowerment
Endurance
Energy
Enjoyment
Enthusiasm
Equality
Ethical
Excellence
Excitement
Exploration
Fairness
Faith
Family

Fidelity
Flexibility
Focus
Forgiveness
Freedom
Friendship
Fun
Generosity
Gentleness
Giving
Grace
Gratitude
Growth
Happiness
Harmony
Health
Helpfulness
Honesty
Honor
Hope
Humility
Humor
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitiveness
Insightfulness
Inspiration

Integrity	Peace	Risk-taking
Intelligence	Perseverance	Safety
Intensity	Persistence	Security
Intimacy	Playfulness	Self-control
Intuition	Pleasure	Self-improvement
Inventiveness	Poise	Selflessness
Justice	Potential	Self-reliance
Kindness	Practicality	Sensitivity
Knowledge	Precision	Serenity
Leadership	Preparedness	Service
Learning	Presence	Simplicity
Legacy	Privacy	Sincerity
Leisure	Professionalism	Skillfulness
Liberty	Prudence	Solidarity
Listening	Punctuality	Sophistication
Logic	Purpose	Spirituality
Love	Quality	Spontaneity
Loyalty	Rationality	Stability
Mastery	Realism	Stewardship
Maturity	Reason	Strength
Mindfulness	Recognition	Structure
Moderation	Recreation	Success
Motivation	Reflectiveness	Support
Openness	Reliability	Sustainability
Optimism	Religion	Sympathy
Order	Resilience	Tact
Organization	Respect	Teamwork
Originality	Responsibility	Temperance
Passion	Restraint	Thankfulness
Patience	Rigor	Thoroughness

Thoughtfulness

Thrift

Tolerance

Tradition

Tranquility

Transparency

Trust

Truth

Understanding

Uniqueness

Unity

Valor

Variety

Vigor

Virtue

Vision

Vitality

Warmth

Wealth

Wisdom

Wonder

Zeal



Exercise 2.1: Value Selection

Select the top 10 values that resonate with you from the list or add your own. Write them down and explain why they are important to you.

[illegible]

Exercise 2.2 Narrowing Down

Reflect on your top 10 values. Which are essential to who you are?

Narrow your list to your top 5 core values.

My Top 5 Core Values	Why It's Non-Negotiable

Values in Action

Living your values can lead to a more fulfilled life. Let's explore how your values influence your daily decisions.

Exercise 3.1: Values and Decision Making

Recall a decision you made recently. How did your values play a role?

Recent Decision	Values Involved	How My Values Influenced It	Outcome

Affirming Your Values

Developing Value Affirmations

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts.

Exercise 4.1: Create Your Affirmations

For each of your top 5 values, create an affirmation.

Value	Affirmation
Example: Creativity	Every day, I embrace my creativity and express it in my work and hobbies.

Aligning Your Life with Your Values

Making Changes Sometimes, there's a gap between our values and our daily lives. Recognizing and bridging this gap is essential for living authentically.

Exercise 5.1: Daily Activities and Values

Write down how your daily activities align with your values.

Time of Day	Activity	Aligned Value
Example: Morning	Journaling for 20 minutes	Self-Reflection

Exercise 5.2 Goal Setting Based on Values

Set a goal for each value to incorporate it more into your life.

Value	Goal
Example: Family	Organize a weekly family game night.

Your Values - Your Life

As you turn the last page of this workbook, you stand at the threshold of a profound realization: identifying your values is not just an exercise; it is the essence of a transformative recovery process. By articulating what matters most to you, you've laid the cornerstone of a structure designed to uphold your true self. The clarity gained through this exploration serves as a vital steppingstone on your path to recovery and beyond.

In recovery, the alignment of your daily life with your core values is integral. Your values provide that direction, a reliable guide through the complexities and challenges life throws your way. They anchor you, giving you strength and stability when the currents of life threaten to sweep you away from your desired course.

As important as it is to identify your values, it is equally essential to revisit them regularly. Values evolve as you grow, learn, and encounter new experiences. Embrace this evolution, as it signifies your development as a person.

By affirming and acting upon your values, you are taking control of your narrative. You are choosing to not let circumstances define you, but rather to define yourself through the choices you make and the values you uphold.

Remember, the journey of recovery is ongoing. There will be moments of challenge, but there will also be triumphs. In these times, your values will be your beacon, providing light on the path to the fulfillment of your true potential.



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