

Self-Discovery and Values Exploration Worksheet

Section 1: Self-Reflection

Finish the Sentences:

I feel the most like myself when...

A time I felt truly fulfilled was when...

My biggest challenge in understanding myself is...

If I could describe myself in three words, they would be...

The things that make me feel alive are...

I struggle with decisions when...

I feel most at peace when...

If I could do anything without fear of failure, I would...

My inner critic often tells me...

If I could talk back to my inner critic, I would say...

I hold myself back when...

I want to be remembered for...

Section 2: Values Exploration

What Matters Most to You?

Review the list below and circle the 5 values that resonate with you the most:

Integrity
Creativity
Freedom
Security
Connection
Adventure
Growth
Kindness
Authenticity
Leadership
Balance
Success
Joy
Spirituality
Health
Love

Reflection Questions:

How do your top 5 values show up in your life right now?

Are there areas in your career or personal life where your values are not being honored?

What small steps can you take to align your life more with these values?

Section 3: Future Self Visualization

Imagine yourself five years from now, living in alignment with your values. Answer the following:

Where are you living?

What does your daily routine look like?

What kind of work are you doing, and how does it make you feel?

What relationships are you prioritizing?

What advice does your future self have for you?

Section 4: Overcoming Obstacles

What is one belief that is holding you back from embracing your true self?

How can you reframe that belief into something more empowering?

What is one action step you can take today to move toward your ideal self?

Section 5: Affirmations & Commitment

Write three positive affirmations that reinforce your commitment to self-discovery and growth.

Example:

"I am capable of creating a life that aligns with my values."

"I trust myself to make decisions that honor my true self."

"I give myself permission to grow and evolve at my own pace."

Final Commitment Statement:

"I am going to make my life about _____."