

# Values Reflection Prompts

When you picture a life that feels steady and meaningful, what matters most to you?

What do you want to be known for by the people who truly know you?

Which values feel genuinely yours, and which ones feel like they were handed to you?

Which family expectations still fit who you are, and which ones don't?

Who influenced you most growing up, and what values did they model (in good ways or painful ways)?

What messages did you absorb from school, culture, or community about what makes someone "good enough"?

How has burnout, stress, or workplace pressure changed what you value?

What life events changed your values (loss, trauma, parenthood, relocation, divorce, illness, grief, recovery, major transitions)?

What value is most neglected in your life right now?

If you had to choose five values to guide your decisions for the next year, what would they be?

For each of your top five values, what does it look like in action (not just as a word)?

Where do you feel most "split" right now—doing what's expected vs. doing what matters?

What does forgiveness mean to you—toward others and toward yourself?

What would it look like to release shame and still take responsibility?

What kind of future are you trying to build, and which values will help you build it?

What value are you ready to recommit to, even if it feels uncomfortable at first?

