

EXPLORING YOUR VALUES WORKSHEET

Read through the following list of values and highlight/annotate 5 that resonate with you the most. If you find this challenging, think about the 5 values you admire most in others.

Accountability	Equality	Justice	Safety
Achievement	Ethics	Kindness	Security
Adaptability	Excellence	Knowledge	Self-discipline
Adventure	Fairness	Leadership	Self-expression
Altruism	Faith	Learning	Self-respect
Ambition	Family	Legacy	Serenity
Authenticity	Financial stability	Leisure	Service
Balance	Forgiveness	Love	Simplicity
Beauty	Freedom	Loyalty	Spirituality
Being the best	Friendship	Making a difference	Sportsmanship
Belonging	Fun	Nature	Stewardship
Career	Generosity	Openness	Success
Caring	Giving back	Optimism	Teamwork
Collaboration	Grace	Order	Thrift
Commitment	Gratitude	Parenting	Tradition
Community	Growth	Patience	Travel
Compassion	Harmony	Patriotism	Trust
Competence	Health	Peace	Truth
Confidence	Home	Perseverance	Understanding
Connection	Honesty	Personal fulfillment	Uniqueness
Contentment	Hope	Power	Usefulness
Contribution	Humility	Pride	Vision
Cooperation	Humor	Recognition	Vulnerability
Courage	Inclusion	Reliability	Wealth
Creativity	Independence	Resourcefulness	Well-being
Curiosity	Initiative	Respect	Wholeheartedness
Dignity	Integrity	Responsibility	Wisdom
Diversity	Intuition	Risk-taking	Other
Environment	Job security		
Efficiency	Joy		

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Does my eating disorder align with my chosen values?

Of my five chosen values, which two do I consider my core values (most important)?

What is one self-supportive action I could take in alignment with each of my core values?

Value 1:

Action:

Value 2:

Action: