

DISCOVERING YOUR VALUES

TOOLS FOR BUILDING SELF-AWARENESS

Where self-awareness becomes forward movement.



WHY VALUES MATTER

Values are who we are. They represent our unique essence and help guide us toward a life that feels authentic and fulfilling. When we honor our values consistently, life often feels more meaningful and aligned. These questions are designed to help you notice patterns, experiences, and themes that may reveal what matters most to you.



1. NOTICE MOMENTS THAT MATTER

Think about a time when life felt especially meaningful, rewarding, or significant.

What was happening? _____

Who was present? _____

What made this experience meaningful? _____



2. UNDERSTAND MOMENTS OF FRUSTRATION

Think about a time when you felt frustrated, upset, or shut down.

What upset you about the experience? _____

What felt missing, threatened, or especially important in that moment? _____



3. WHAT SUSTAINS YOU?

What must be present in your life? _____

What energizes or centers you? _____

What drains you when it is missing? _____



4. PATTERNS OTHERS NOTICE

What do people tease you about, compliment you for, or complain about?

When have you been "too much" of something? _____



5. REFLECTION

As you review your answers, what themes, patterns, or insights stand out to you?

THE CLEARING

Where self-awareness becomes forward movement.

NOTICE • UNDERSTAND • CHOOSE

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