

What *Actually* Matters to You

A personal exercise in values clarity



Find Your Values

Most of us have never actually chosen our values. We inherited them, absorbed them, optimized around them without much say in the matter. This exercise is an invitation to look at what's actually true for you. Not what sounds good, not what you think you should care about, but what genuinely moves you.

Start by reading through the list below. Circle 15 that resonate. Not the ones that impress you, the ones that actually land somewhere in your body. There are blank lines at the end if we missed something that matters to you.

(We know 15 feels like a lot. That's the point — narrowing comes next.)

- | | | | |
|---------------|---------------|---------------------|-------------------|
| Abundance | Environment | Leadership | Self-Love |
| Acceptance | Ethics | Learning | Self-Reliance |
| Achievement | Family | Legacy | Self-Trust |
| Adventure | Fame | Leisure | Service |
| Altruism | Fairness | Love | Simplicity |
| Authenticity | Faith | Loyalty | Spaciousness |
| Authority | Financial | Magic | Spirituality |
| Autonomy | Freedom | Making a difference | Stability |
| Awareness | Flexibility | Meaningful Work | Stoicism |
| Balance | Freedom | Mindfulness | Strength |
| Beauty | Friendship | Nature | Success |
| Belonging | Fun | Open-mindedness | Sustainability |
| Boldness | Generosity | Optimism | Surrender |
| Calm | Growth | Order | Teamwork |
| Care | Happiness | Passion | Tenacity |
| Challenge | Harmony | Peace | Time |
| Communication | Honesty | Perseverance | Travel |
| Community | Honor | Perspective | Trust |
| Compassion | Humor | Playfulness | Trustworthiness |
| Confidence | Imagination | Pleasure | Truth |
| Connection | Inclusion | Presence | Uniqueness |
| Cooperation | Influence | Purpose | Vision |
| Contentment | Independence | Recognition | Vulnerability |
| Contribution | Inner Harmony | Relationship | Wealth |
| Courage | Integrity | Reputation | Wellbeing |
| Creativity | Intelligence | Responsibility | Whole-heartedness |
| Curiosity | Intuition | Respect | Worthiness |
| Determination | Joy | Safety | Wisdom |
| Dreaming | Justice | Security | ----- |
| Education | Kindness | Self-Acceptance | ----- |
| Empathy | Knowledge | Self-Compassion | ----- |
| | Laughter | | ----- |

Get to the Core

Now the harder part: narrow to your top 3.

The 3 that, if you were living fully aligned with them, would make everything else feel more honest.

Take your time with this. If you get stuck, try the end-of-life test: standing at the very end of your story, looking back — what actually mattered?

Core Value 1

Core Value 2

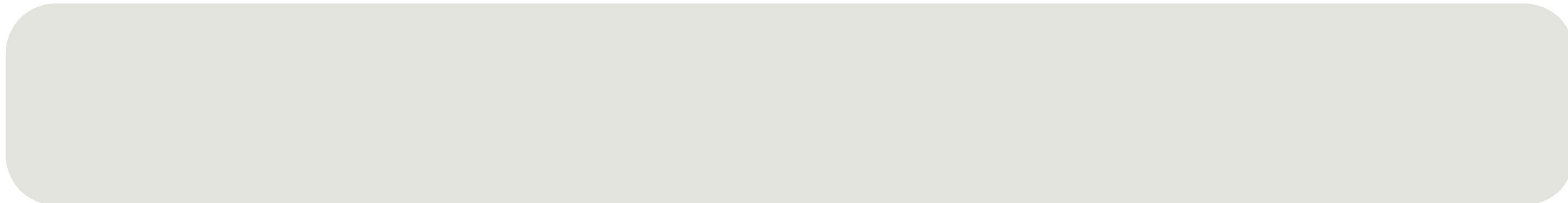
Core Value 3

What is it about these values that feel true to you? Not aspirational, actually true right now?

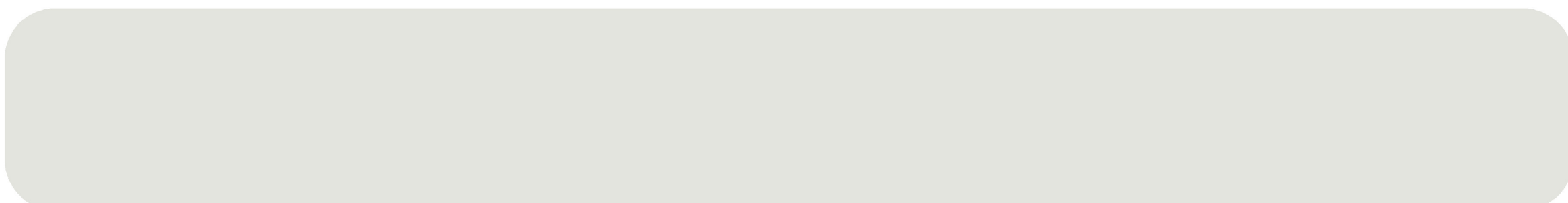
When you're living in alignment with these values, what does that feel like?
When you're not, what does that feel like?

What does honoring these values make possible for you and the people around you?

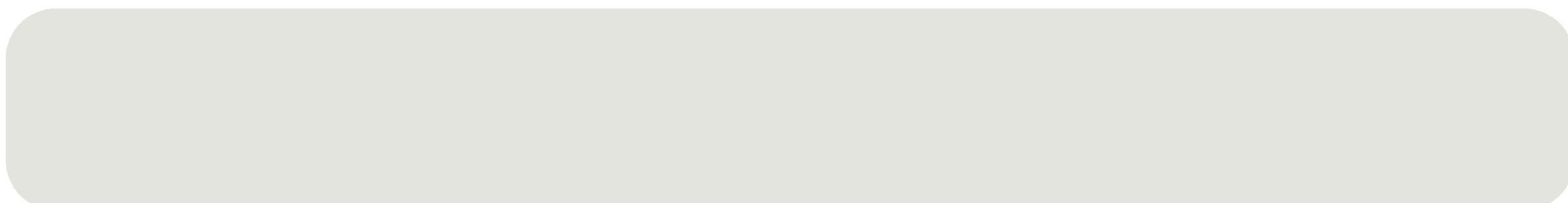
Core Value 1



Core Value 2

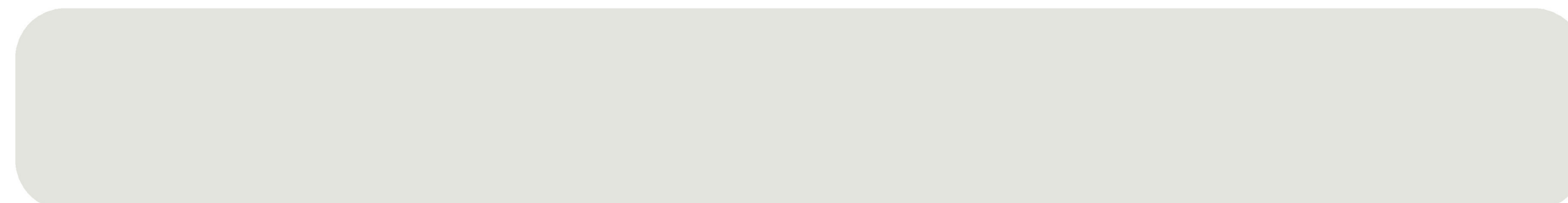


Core Value 3

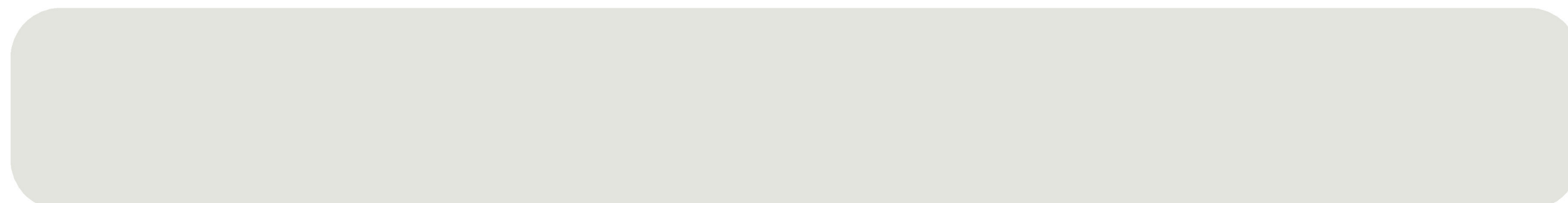


Where in your life are these values already alive? What protects them?
What threatens them?

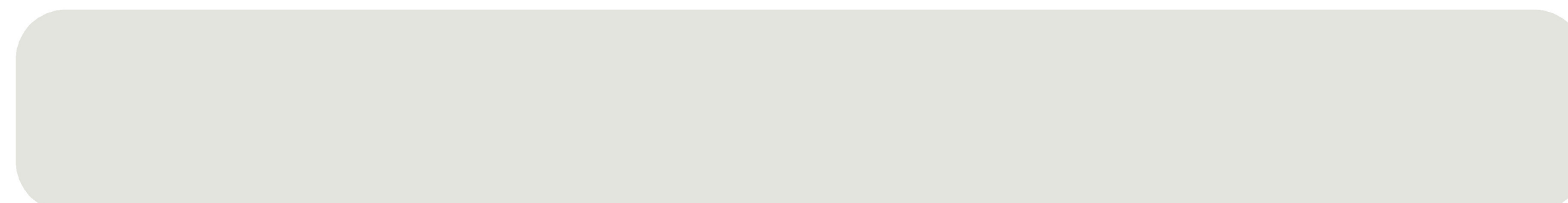
Core Value 1



Core Value 2

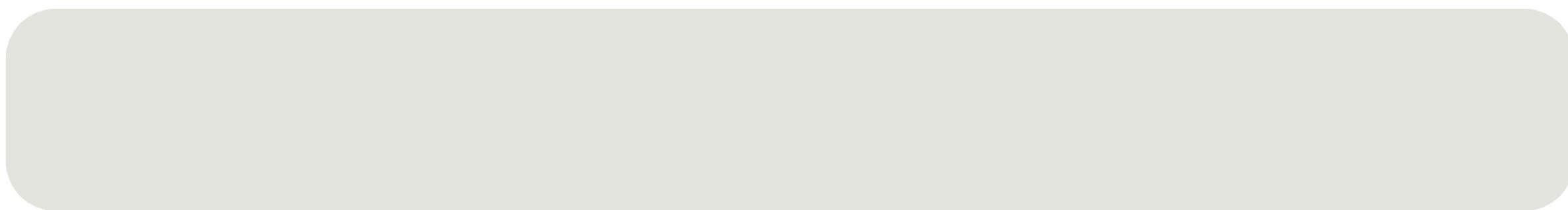


Core Value 3

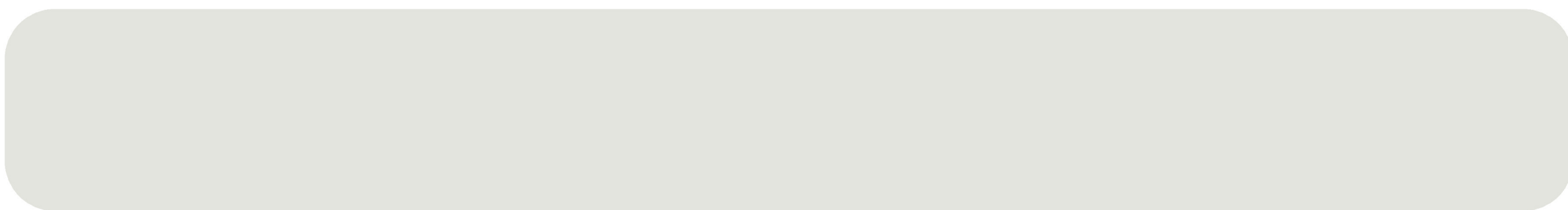


Where are you compromising these values, and what's the actual cost of that?

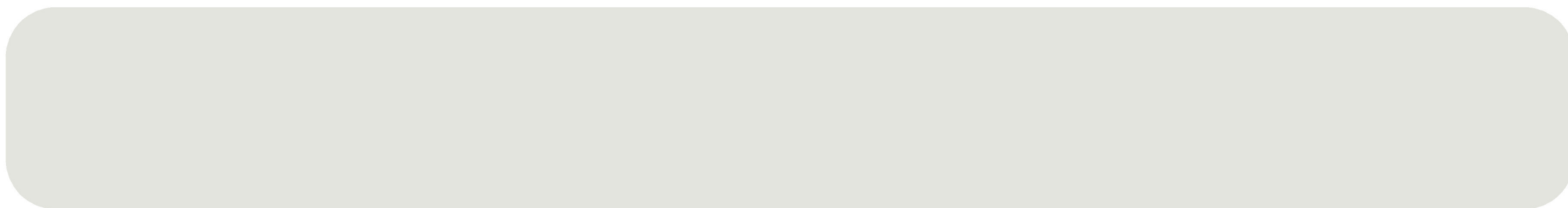
Core Value 1



Core Value 2



Core Value 3

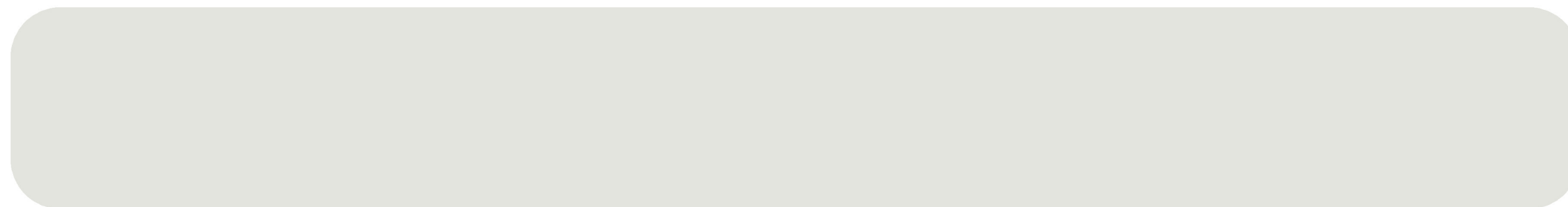


What is one action or ritual you can use to lean into each core value this week?

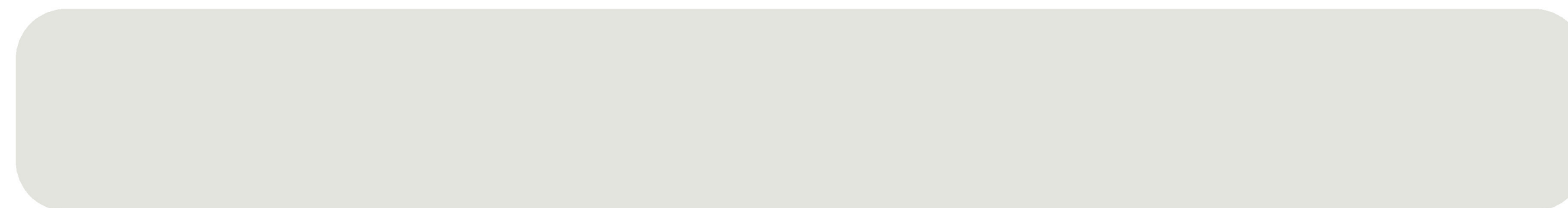
Core Value 1



Core Value 2



Core Value 3



Your values don't come from this list.
They were already there.

This exercise just helped you see them more clearly.

*If this resonated, there's more at everyday7.com —
including a free morning meditation, Monday through Friday.*

