



Values Worksheet

There are two reasons people don't understand their values:

First, we don't stop to question what our values are, and so they are shaped by our culture, the media, and the influence of others.

Second, we don't understand that some values are more important than others, and many values are, in fact, not values at all, which means they get in the way of what's truly important.

The Minimalists believe the best way to live a meaningful life is to align your short-term actions with your long-term values; that is, to make your future self proud of your present self. That's why we created this worksheet—because when you better understand your values, you will better understand the direction in which you must travel. For a thorough explanation of each type of value, visit minimalists.com/v.

My Unshakable Principles

My Minor Values That Make Life Better

[illegible]

My Personal Values

[illegible]

04. Imaginary Values

The Obstacles in My Way

[illegible]

Once you've completed this worksheet, review it with someone you trust. And if that person is willing, review their worksheet with them. You'll soon discover that once you better understand your values—and the values of those closest to you—you'll understand how to better interact with them, which will improve the relationship and help you both grow in exciting, unexpected ways.

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Foundational Values

My Unshakable Principles

Surface Values

My Minor Values That Make Life Better

Imaginary Values

The Obstacles in My Way

Structural Values

My Personal Values

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