



## Values Ladder Worksheet

Live Your Best Life!

List 4 things that you value most in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Now arrange the values in order of most to least importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Take each Value and place it in the following statement, when you have an answer, ask yourself why that is important to you, till you run out of reason. See example.

1. \_\_\_\_\_ is important to me because: a. \_\_\_\_\_
  - a. \_\_\_\_\_ is important to me because (b)
  - b. \_\_\_\_\_ is important to me because (c)
  - c. \_\_\_\_\_ is important to me because (d)
  - d. \_\_\_\_\_ is important to me because (e)
  - e. \_\_\_\_\_ is important to me because (f)
  - f. \_\_\_\_\_ is important to me because (g)
  - h. \_\_\_\_\_

Do this as many times as you need to until you have reached the final layer of the onion. This may take many steps, or you may find your true meaning on the first try, but keep pushing your inner limits until you truly have a deeper understanding of all of these values you have listed.

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