

Values Clarification

Name: _____ Date: _____

Purpose: Identify your core goals for recovery and align your behaviors and decisions with your values and priorities.

Section 1: Identifying Core Values

Instructions: Reflect on what matters most to you in life. Please look at the following areas and write down your core values.

1. Personal Values:

What personal qualities or characteristics do you value most in yourself and others? (e.g., honesty, integrity, kindness)

Your Values:

1. _____
2. _____
3. _____

2. Family Values:

What values do you prioritize in your family relationships? (e.g., loyalty, support, respect)

Your Values:

1. _____
2. _____
3. _____

3. Professional Values:

What values guide you in your work or career? (e.g., hard work, teamwork, innovation)

Your Values:

1. _____
2. _____
3. _____

4. Community Values:

What values are important in your interactions with your community? (e.g., service, generosity, involvement)

Your Values:

1. _____
2. _____
3. _____

Reflections: Why are these values important to you?

Section 2: Values Ranking

Instructions: Rank your listed values in order of importance, with 1 being the most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Reflections: How did you determine the order of importance for your values?

Section 3: Aligning Behaviors with Values

Instructions: Think about how your current behaviors align with your identified values. Answer the following questions to reflect on your actions and decisions.

1. Are there behaviors or habits that do not align with your core values?

2. What changes can you make to better align your behaviors with your values?

3. How can aligning your behaviors with your values support your recovery?

Section 4: Setting Recovery Goals Based on Values

Instructions: Set specific, measurable, achievable, relevant, and time-bound (SMART) goals that align with your core values and support your recovery.

SMART Goals:

Goal 1:

• Description:

• Measurable:

• Achievable:

• Relevant:

• Time-bound:

SMART Goals:

Goal 2:

• Description:

• Measurable:

• Achievable:

• Relevant:

• Time-bound:

Action Steps:

Step 1: Identify specific actions to take towards the goal.

Step 2: Determine the resources and support needed.

Step 3: Set milestones to track progress.

Step 4: Review and adjust the plan as needed.

Section 5: Continuous Self-Reflection

Instructions: Regularly reflect on your values and goals to ensure you stay aligned and motivated in your recovery journey.

1. How have my values influenced my decisions and actions this week?

2. What challenges did I face in aligning my behaviors with my values?

3. What successes have I achieved in staying true to my values?

4. How can I continue to improve and stay aligned with my values?
