builtbymeli

NAME _____

DATE _____

Your Values Compass

Mapping what matters — and noticing that where anxiety is loudest is often where you care most.

VALUES ARE NOT GOALS

Goals are things you achieve and then stop — finish the course, get the job, have the conversation. Values are directions you move toward your whole life. You never "complete" being kind or courageous or present. This worksheet maps your values — what you want to stand for — and then looks honestly at where anxiety has been making decisions instead of you.

1 Values Across Life Domains

For each area, write the values that matter most to you there — not what you think you should value, and not what you currently do. What you genuinely want to move toward. Then rate: how much is anxiety currently running this area instead of you? (1 = barely, 5 = completely)

AREA	WHAT I GENUINELY VALUE HERE — WHAT I WANT TO MOVE TOWARD	ANXIETY SCORE 1–5	ONE THING ANXIETY STOPS ME DOING HERE
Relationships		1 2 3 4 5	
Work / Purpose		1 2 3 4 5	
Health & Body		1 2 3 4 5	

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AREA	WHAT I GENUINELY VALUE HERE — WHAT I WANT TO MOVE TOWARD	ANXIETY SCORE 1–5	ONE THING ANXIETY STOPS ME DOING HERE
Growth & Learning		1 2 3 4 5	
Play & Rest		1 2 3 4 5	
Community & World		1 2 3 4 5	
Spirit & Meaning		1 2 3 4 5	

2 The Intersection Point

Notice: the areas where anxiety scored highest are often the areas where your most important values live. Anxiety is loudest where you care most. Which area shows this most clearly for you?

The area where anxiety is loudest — and where I care most — is...

What anxiety is trying to protect in that area is probably...

The irony I can see is...

③ Your Three Core Values

Looking across everything above — which three values feel most central to who you want to be? Not the most urgent, not the most troubled, but the deepest. The ones you'd want to be known for.

MY THREE CORE VALUES

1.
2.
3.

HOW ANXIETY HAS MOVED ME AWAY FROM EACH

1.
2.
3.

④ One Values-Based Move

Choose one small action this week that moves toward one of your core values — even if anxiety is present while you do it. Not despite the anxiety. With it.

This week I will move toward [value] by doing [specific action], even if anxiety is present...

CLOSING REFLECTION

When you look at your values clearly — what does anxiety most want to protect you from that you actually want to move toward?

What I want to remember from this worksheet is...

BETWEEN-SESSION PRACTICE

This week, when you make a decision, ask once: *"Is this what anxiety wants, or what I value?"* You don't have to act differently yet — just notice the difference. Bring one example to session.

BRING TO YOUR SESSION

→ Where is anxiety most in charge of decisions that your values should be making?

→ What are your three core values — and how clearly are they currently guiding your life?

→ What one values-based move did you try this week?

NOTES