

Fruitful Purpose

Values Exploration Worksheet

Logo Placeholder: Insert Fruitful Purpose logo here

Step 1: Reflect on Peak Moments

List 3 moments in life when you felt proud, fulfilled, or energized.

- 1.
- 2.
- 3.

Step 2: Identify Common Themes

What qualities were present in those moments? (e.g., creativity, courage, connection, growth)

Step 3: Values Brainstorm

Circle or highlight words that resonate: Integrity, Freedom, Family, Adventure, Service, Learning, Stability, Leadership, Kindness, Excellence, Faith, Joy, Health, Community.

Step 4: Narrow to Top 10

Write your top 10 values.

Step 5: Narrow to Top 5

Write your top 5 non-negotiable values.

Step 6: Rank Your Top 5

Rank them from most important to least important.

Step 7: Alignment Check

For each top value, rate how well your current life reflects it (1-10).

Step 8: Action Plan

Choose one value to honor more this week. What specific action will you take?

Reflection: What did you learn about yourself through this exercise?