

Gina's Digital Pill:

Your Values Adventure

Your Name:

Date:

Welcome, Value Explorer!

This worksheet is your map to discover your core values. Embark on this adventure to unlock your inner compass and create a life that truly resonates with you.

Part 1: The Value Vault

(Identifying Your Values - 10 Points Each)

Below is a list of common values.

Circle the ones that resonate with you. Add any values that are important to you that aren't on the list.

- Integrity
- Kindness
- Courage
- Creativity
- Honesty
- Family
- Friendship

- Health
- Learning
- Growth
- Adventure
- Security
- Freedom
- Respect
- Responsibility
- Spirituality
- Contribution
- Achievement
- Fun

[Other]

Total Points for Part 1: _____

Part 2: The Value Ranking Quest

(Prioritizing Your Values)

From the values you circled, choose your top 5. Write them below in order of importance.

1. _____

(Most Important)

2. _____

3. _____

4. _____

5. _____

Part 3: Value in Action Challenge

(Value Alignment Points - 20 Points Each)

Choose ONE of your top 5 values and complete the following:

Value Chosen:

Describe a recent time you demonstrated this value:

Part 4: Value Reflection

(Reflection Time Reward)

Take a few moments to reflect on your top 5 values.

How do these values make you feel?

How can you use these values to guide your decisions?

(Draw a simple badge here or add a digital one if using digitally)



Gina Notes for Coaches:

- Adjust point values and rewards as needed.
- Encourage clients to be honest and reflective.

- Use this worksheet as a starting point for deeper conversations about values.
- This worksheet can be used in one session, or spread out over multiple sessions.

Happy Healing!

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