



# Core Values Journal

A printable workbook for choosing what matters, living with intention, and renewing your joy.

*This is not the full teaching script. This is the companion journal and reflection workbook created from the message.*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# How to Use This Journal

This workbook helps you move from simply talking about your values to actually living by them. Work slowly. Tell yourself the truth. Give yourself grace, but do not lie to yourself.

Core values are the beliefs and priorities that guide your decisions, boundaries, relationships, healing, faith, peace, joy, and purpose.

Use these pages as a weekly reflection tool, a live-session companion, or a personal reset when life feels loud and you need to come back to what matters.

## Your gentle assignment:

Choose five core values for this season of your life. Then choose one action that proves each value matters.

# Examples of Core Values

Circle, highlight, or rewrite the words that speak to this current season of your life.

Faith	Peace	Joy	Love
Honesty	Integrity	Family	Freedom
Creativity	Growth	Respect	Accountability
Courage	Compassion	Wisdom	Stability
Health	Purpose	Gratitude	Self-respect
Forgiveness	Discipline	Patience	Kindness
Service	Emotional safety	Trust	Hope
Balance	Authenticity	Confidence	Rest
Legacy	Learning	Generosity	Humility
Clarity	Connection	Spiritual growth	Personal responsibility

# My Top Five Core Values

Choose the values that need to guide your life in this season, not the ones that simply sound impressive.

1. Core value: \_\_\_\_\_ Why does this matter to me right now?

---

---

2. Core value: \_\_\_\_\_ Why does this matter to me right now?

---

---

3. Core value: \_\_\_\_\_ Why does this matter to me right now?

---

---

4. Core value: \_\_\_\_\_ Why does this matter to me right now?

---

---

5. Core value: \_\_\_\_\_ Why does this matter to me right now?

---

---

# What Matters to Me Now?

What do I need more of in this season of my life - peace, joy, faith, honesty, rest, courage, purpose, or something else?

---

---

---

---

---

---

---

---

---

---

# Where Am I Out of Alignment?

What am I saying matters to me, but my daily choices are not reflecting yet?

---

---

---

---

---

---

---

---

---

---

# My Peace Check

What or who is repeatedly disturbing my peace? What boundary would protect that peace?

---

---

---

---

---

---

---

---

---

---

# My Joy Check

Where can I make room for joy, creativity, beauty, laughter, or rest this week?

---

---

---

---

---

---

---

---

---

---

# My Faith Check

Where do I need to pray, surrender, trust God, seek wisdom, or stop trying to control everything?

---

---

---

---

---

---

---

---

---

---

# My Relationship Check

Which relationships support my values? Which relationships require healthier boundaries?

---

---

---

---

---

---

---

---

---

---

# My Boundary Page

A boundary is how I protect what I value. What boundary do I need to practice now?

---

---

---

---

---

---

---

---

---

---

# My Decision Filter

Before I say yes or no, what value needs to guide this decision?

---

---

---

---

---

---

---

---

---

---

# This Week I Will Live This Value

Choose one value and one action that will prove it matters this week.

---

---

---

---

---

---

---

---

---

---

# Grace and Accountability

Where do I need to give myself grace, and where do I need to take responsibility?

---

---

---

---

---

---

---

---

---

---

# Week 1: Core Values Reflection

The value I am practicing this week:

---

---

One action I will take to honor this value:

---

---

What may challenge me this week?

---

---

How will I respond with wisdom and grace?

---

---

---

# Week 2: Core Values Reflection

The value I am practicing this week:

---

---

One action I will take to honor this value:

---

---

What may challenge me this week?

---

---

How will I respond with wisdom and grace?

---

---

---

# Week 3: Core Values Reflection

The value I am practicing this week:

---

---

One action I will take to honor this value:

---

---

What may challenge me this week?

---

---

How will I respond with wisdom and grace?

---

---

---

# Week 4: Core Values Reflection

The value I am practicing this week:

---

---

One action I will take to honor this value:

---

---

What may challenge me this week?

---

---

How will I respond with wisdom and grace?

---

---

---

























# Keep Choosing What Matters

*Your values are not decorations. They are directions.*

Let your yes match your values. Let your no protect your peace. Let your life become evidence that you are healing, growing, and creating joy again.

