

# Solo Aging Values Clarification Worksheet

This worksheet is designed to help you clarify the values that will guide your decisions, relationships, and priorities in this stage of life. Take your time. There are no right answers.

## Step 1: Circle Your Top 10 Values

- Autonomy
- Belonging
- Courage
- Companionship
- Community
- Creativity
- Dignity
- Faith
- Family
- Financial Security
- Friendship
- Generosity
- Growth
- Health
- Independence
- Integrity
- Joy
- Kindness
- Learning
- Legacy
- Meaning
- Peace
- Purpose
- Resilience
- Safety
- Self-Respect
- Service
- Spirituality
- Stability
- Strength
- Trust
- Wisdom

Additional values:

1. \_\_\_\_\_
2. \_\_\_\_\_

## **Step 2: Narrow to 5 Core Values**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **Step 3: Choose Your Guiding 3**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 4: Define Each Value in Your Own Words

**Value #1:** \_\_\_\_\_

In this stage of life, this means:

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When I am honoring this value, I:

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When I neglect this value, it looks like:

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**Value #2:** \_\_\_\_\_

In this stage of life, this means:

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When I am honoring this value, I:

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When I neglect this value, it looks like:

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**Value #3:** \_\_\_\_\_

In this stage of life, this means:

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When I am honoring this value, I:

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When I neglect this value, it looks like:

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## Step 5: Translate Values Into Action

For each value, identify:

One action that strengthens my independence:

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One action that strengthens my support network:

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One action that strengthens my resilience:

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## Step 6: Personal Values Statement

In this chapter of my life, I choose to live with \_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_.

I will express these values by:

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