

S.A.F.E. – Personal Values Worksheet

A Program of Posterity: A Safe Place, Inc.

This worksheet helps you reflect on the values that guide your decisions and actions. Knowing your values can help you set boundaries, make empowered choices, and stay true to yourself.

Values Word Bank:

Respect	Honesty	Safety	Growth
Love	Creativity	Freedom	Health
Community	Justice	Peace	Spirituality
Self-care	Compassion	Courage	Independence

My Top 5 Values:

1.	
2.	
3.	
4.	
5.	

Why These Matter to Me:

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How I Can Live These Values Daily:

Value	Actions / Choices