

SELF-DISCOVERY & IDENTITY

My Values Compass

A practical guide for discovering what matters most to you and using your values to make decisions that feel more aligned, grounded and genuinely yours.

Clarity grows when your choices begin to sound like your own voice.

FREE KINDNOVA GUIDE | PRINTABLE + DIGITALLY FILLABLE

VALUES, SIMPLIFIED

Values are not goals.

A goal is something you can complete. A value is a quality or direction you want to keep bringing into your life - like honesty, creativity, calm, family, courage, learning, freedom or connection.

Circle or note the words that pull at you

| Authenticity	| Creativity	| Growth	| Learning
| Adventure	| Courage	| Honesty	| Rest
| Belonging	| Curiosity	| Independence	| Security
| Calm	| Family	| Joy	| Self-respect
| Compassion	| Freedom	| Kindness	| Stability

Add any words that feel important but are missing:

> *Your values are clues to the kind of life that feels like yours.*

NARROW IT DOWN

Choose your five

Pick five values that feel most important in this season of your life. Then define what each one means in your own words - not what it "should" mean.

1.

2.

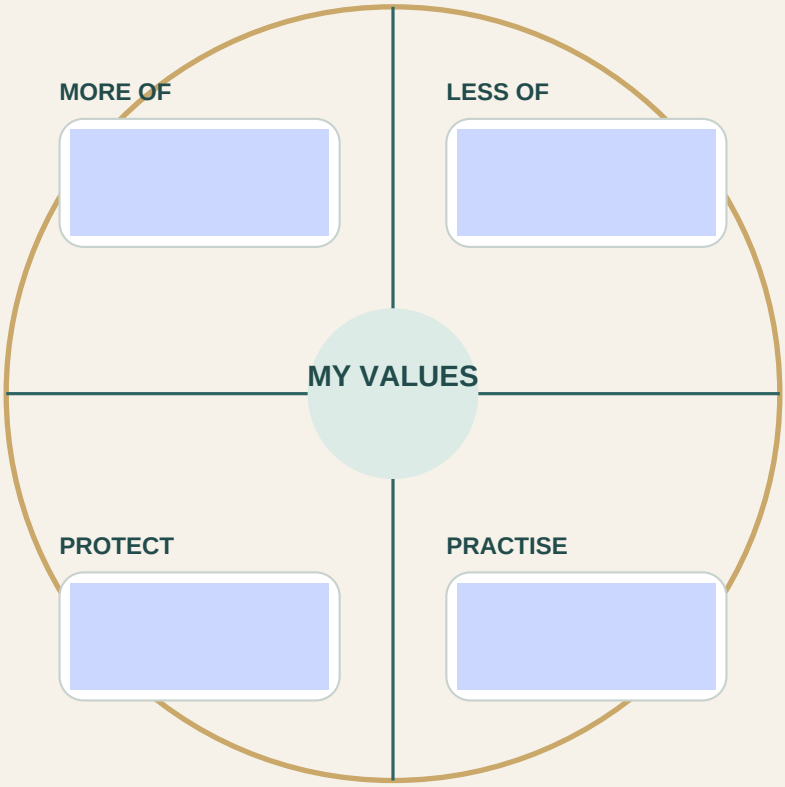
3.

4.

5.

YOUR COMPASS

What points me back toward myself?



> *A compass does not tell you the entire route. It helps you notice which direction is yours.*

USE YOUR VALUES

A five-question decision filter

Use this when a choice feels confusing. You are not looking for a perfect answer - just the option that is more consistent with what matters to you.



1. Which option respects my most important values?

2. Am I choosing from desire, fear, guilt or pressure?

3. What choice would make me respect myself tomorrow?

4. What might this choice cost me - and is that cost worth it?

5. If nobody else had an opinion, what would I lean toward?

ALIGNMENT AUDIT

Where do my values have room to live?

You do not need every part of life to feel perfectly aligned. This page simply helps you notice where one small adjustment could make life feel more like your own.

Home	Feels aligned: 1 2 3 4 5		One tiny move:	
Work / study	Feels aligned: 1 2 3 4 5		One tiny move:	
Relationships	Feels aligned: 1 2 3 4 5		One tiny move:	
Time & energy	Feels aligned: 1 2 3 4 5		One tiny move:	
Money	Feels aligned: 1 2 3 4 5		One tiny move:	
Rest	Feels aligned: 1 2 3 4 5		One tiny move:	
Creativity / fun	Feels aligned: 1 2 3 4 5		One tiny move:	

> *Alignment is not perfection. It is making more choices that you can recognise as your own.*



WHEN YOU WANT TO GO DEEPER

Let your values become something you can use.

When your values are clear, they can help you choose, speak, rest, connect and change with greater confidence. Keep them somewhere visible and revisit them as your life evolves.

Finding Yourself Again

A 25-page guided Self-Discovery & Identity journal to help you explore your roles, values, preferences, needs, outside expectations and the version of you that is ready to grow.

EXPLORE THE FULL JOURNAL

kindnova.co.nz