**Personal Values and Intentions Worksheet**

**Objective:**  
This worksheet is designed to help you explore and clarify the personal values that resonate most deeply with you, then align these values with your practices of prayer, mindfulness, and meditation. The goal is to foster a meaningful connection between what you hold most important and how you engage in spiritual practices. When you intentionally bring your values into these practices, they become more than routine exercises—they transform into powerful expressions of who you are and who you aspire to be.

Aligning spiritual practices with core values can deepen your understanding of both your faith and your inner self. By grounding your spiritual journey in personal values, you create a foundation for genuine growth and healing. This worksheet will guide you through a series of reflections, exercises, and intention-setting prompts, each aimed at helping you connect your values with prayer, mindfulness, and meditation in practical and enriching ways.

Through this exploration, you may find that spiritual practices are not isolated rituals but pathways that cultivate virtues such as compassion, patience, kindness, and resilience—values that bring lasting fulfillment. This worksheet also encourages regular intention-setting, offering a way to carry your values forward in small, actionable steps each week. These practices serve to nurture a balanced inner life, promote spiritual growth, and bring a profound sense of alignment between what you believe and how you live.

**1. Values Discovery**

Reflect on the following prompts to identify your core values:

* What qualities or virtues do you want to nurture in your life? *(Examples: kindness, patience, integrity, gratitude)*
* List three things you most deeply care about. *(Examples: family, honesty, inner peace, faith)*

**2. Aligning Intentions with Practice**

Consider how your chosen values can guide your practices of prayer, mindfulness, and meditation:

* How can prayer help you honor your values? *(Example: If kindness is a value, your prayer may focus on guidance to show compassion in challenging situations.)*
* How might meditation support your intention to cultivate patience or compassion? *(Example: Meditation can help you stay present and calm, nurturing patience in stressful moments.)*
* Which type of meditation most resonates with you?

How does mindfulness encourage you to live according to your values daily?

**3. Weekly Intention Setting**

Set a specific intention for the week to align with one of your core values. Example: “This week, I will focus on [value] by integrating it into my [prayer, mindfulness, or meditation] practice.”

**Weekly Intention:**  
"This week, I will focus on my value of \_\_\_\_\_\_\_\_\_\_\_ by..."

**4. Guidance**

Understanding and aligning with your values enhances the power and depth of spiritual practices. Take a few moments each day to revisit these intentions, allowing them to guide your journey in prayer, mindfulness, and meditation.  
  
**Preparation: Create a Sacred Space**

Encourage yourself to create a calming environment where you feel comfortable and undisturbed. This could involve lighting a candle, playing soft music, or simply finding a quiet, comfortable place. Setting the stage helps reinforce the sacredness of the time dedicated to these practices.

**Centering: Grounding and Breathing Exercise**

Introduce a short grounding exercise to help yourself become present. Invite yourself to close your eyes, take a few deep breaths, and relax. Guide your focus on your breath, feeling each inhale and exhale fully. This simple act of centering helps clear the mind and prepares you for the practice.

**Structured Prayer and Meditation Guide**

***For Prayer:***

* **Invocation:** Begin with a short invocation or affirmation, such as “Dear God, I come to you with an open heart and mind” or “Lord, guide me in connecting with your peace and wisdom.”
* **Gratitude:** Express gratitude for something specific, connecting their heart to a thankful mindset.
* **Reflection on Values:** Reflect on one of your core values (like patience or compassion) and ask for guidance in embodying it.
* **Intentions or Requests:** Give space for any intentions or requests. For example, you might say, “Help me to embody kindness today” or “Guide me in finding peace in my daily challenges.”
* **Closing:** Close the prayer with a sense of trust, letting go of their words and knowing they have been heard.

***For Meditation:***

* **Focus on Breath or Phrase:** I recommend focusing on breathing or a specific word or phrase like “peace,” “love,” or “presence.” Each inhale can draw in calm, while each exhale releases tension.
* **Visualization of Values:** Visualize a scenario where you embody one of your core values. For example, if focusing on patience, you might imagine a calm lake or a moment where you respond to stress with calm.
* **Mindful Observation:** Simply observe any thoughts, feelings, or sensations without judgment. Remember that meditation is a practice of letting thoughts flow, observing them, and returning to the breath or phrase. Do not try to control them, and they won’t control you.
* **Closing with Intention:** To end, invite yourself to set an intention or affirmation for your day, such as, “I carry peace with me,” which helps you transition into your day with purpose.

**Reflection and Journaling Prompt**

After prayer or meditation, reflect. Ask, “What did I feel during this time?” or “How did focusing on my values change my experience?” Offer a journaling space to jot down any insights, feelings, or goals for your next session to yourself.

**Scripture References for Reflection:**

1. Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."
2. Matthew 5:9 - "Blessed are the peacemakers, for they will be called children of God."
3. Colossians 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience."
4. Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control."
5. Philippians 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
6. James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."
7. Matthew 6:33 - "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
8. Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
9. Hebrews 12:14 - "Make every effort to live in peace with everyone and to be holy; without holiness, no one will see the Lord."
10. 1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."
11. Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."
12. Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
13. John 16:33 - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
14. Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."
15. Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."
16. Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
17. Romans 8:28 - "And we know that in all things God works for the good of those who love him."
18. Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."
19. Psalm 119:105 - "Your word is a lamp for my feet, a light on my path."
20. Isaiah 40:31 - "But those who hope in the Lord will renew their strength."
21. 2 Corinthians 5:7 - "For we live by faith, not by sight."
22. Psalm 37:4 - "Take delight in the Lord, and he will give you the desires of your heart."
23. 1 Corinthians 13:4-5 - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."
24. Hebrews 13:5 - "Keep your lives free from the love of money and be content with what you have."
25. Psalm 23:1-3 - "The Lord is my shepherd; I shall not want."