



VALUES EXPLORATION WORKBOOK

Humane learning
for real humans

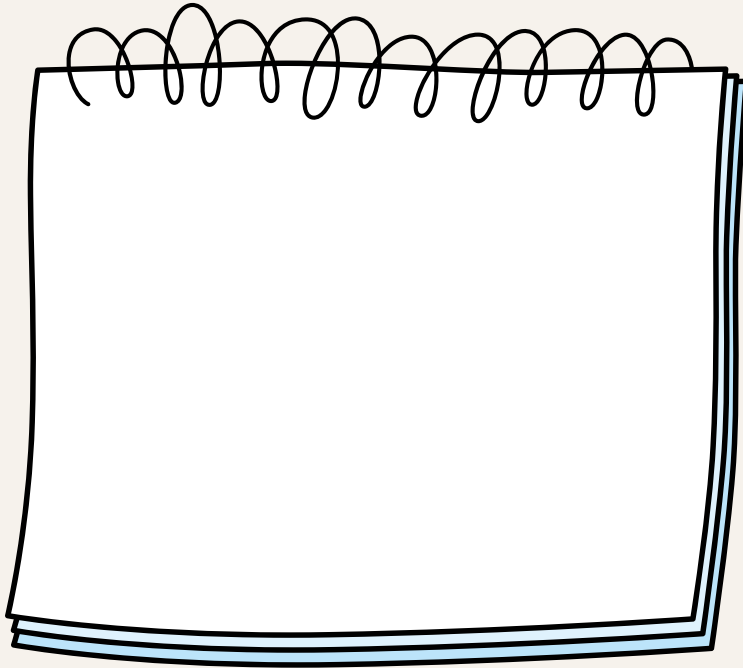
Nikki  Foster-Kruczek

Purpose

A gentle, structured tool to help individuals explore their core values, identity anchors, and what matters most — without pressure, judgement, or perfectionism.

Section 1 — What Matters to Me

Note down any words that feel important today.



Note: You don't need to choose "the right" ones — just the ones that feel warm or steady & you can add extra words here:

Section 2 — My Core Values

Looking at that list, write down 2–4 values that feel central to you right now.

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____



Section 3 — Why These Matter

Choose one value and explore it gently.

This value feels important because:

When I honour this value, I feel:

When this value is missing, I notice:

Section 4 — Bringing My Values Into My Week

Small steps count.

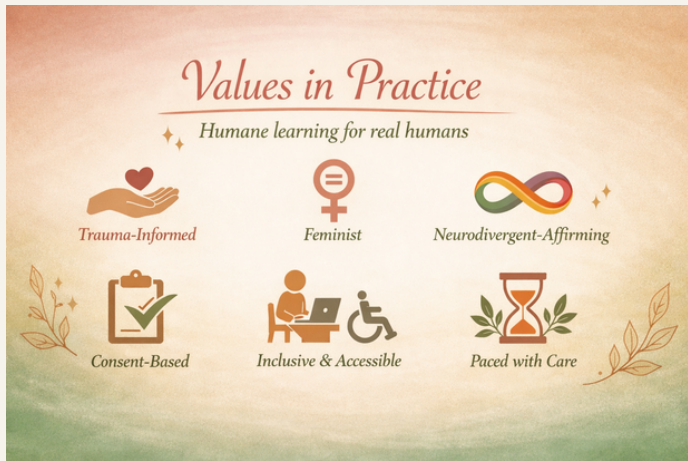
One tiny action that honours a value:

One boundary that protects a value:

One person/place that supports this value

Your values can shift over time. Let them evolve gently.





Nikki Foster-Kruczek is a psychologist, organisational development lead, and feminist researcher specialising in trauma-informed practice, identity, and wellbeing. She designs inclusive, ND-affirming resources, supporting individuals and communities to grow with compassion, clarity, and connection.

