



Values Inventory

Personal values provide us with a way of grounding our behaviors and helping us make choices about what kind of work we do, where we live, and how we spend our time. Society, family members, partners, and friends give us messages constantly of how to live our lives. Not living according to your personal values creates dissonance; a sort of emotional pain that leads to make bad, stupid, or harmful choices.

Directions: Check/circle the values that are important to YOU.

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Financial Freedom | <input type="checkbox"/> Public Recognition | <input type="checkbox"/> Family | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Spirituality/Religious Faith | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Risk-taking | <input type="checkbox"/> Adventure |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Connection to Others | <input type="checkbox"/> Competition | <input type="checkbox"/> Cooperation |
| <input type="checkbox"/> Trust | <input type="checkbox"/> Solitude | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Parenthood |
| <input type="checkbox"/> Fidelity | <input type="checkbox"/> Integrity | <input type="checkbox"/> Authenticity | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Respect | <input type="checkbox"/> Nature | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Play | <input type="checkbox"/> Health | <input type="checkbox"/> Creativity | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Wellness/Well-being | <input type="checkbox"/> Compassion | <input type="checkbox"/> Career | <input type="checkbox"/> Courage |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Fast Pace | <input type="checkbox"/> High Earnings/Profit | <input type="checkbox"/> Variety |
| <input type="checkbox"/> Intimacy | <input type="checkbox"/> Mastery | <input type="checkbox"/> Quiet | <input type="checkbox"/> Security |
| <input type="checkbox"/> Working Under Pressure | <input type="checkbox"/> Beauty | <input type="checkbox"/> Commitment | <input type="checkbox"/> Control |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Fairness | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Time Freedom | <input type="checkbox"/> Belonging | <input type="checkbox"/> Authority | <input type="checkbox"/> Duty |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Helping | <input type="checkbox"/> Leading | <input type="checkbox"/> Physical Challenge |
| <input type="checkbox"/> Tranquility | <input type="checkbox"/> Working Alone | <input type="checkbox"/> Uniqueness | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Structure | <input type="checkbox"/> Exploring | <input type="checkbox"/> Individuality | <input type="checkbox"/> Moral Fulfillment |
| <input type="checkbox"/> Power | <input type="checkbox"/> Work | <input type="checkbox"/> Gentleness | <input type="checkbox"/> Tact |
| <input type="checkbox"/> Decision Making | <input type="checkbox"/> Public Contact | <input type="checkbox"/> Influence | <input type="checkbox"/> Contributing |
| <input type="checkbox"/> Social Change | <input type="checkbox"/> Winning | <input type="checkbox"/> Trustworthiness | <input type="checkbox"/> Love |
| <input type="checkbox"/> Human dignity | <input type="checkbox"/> Organization | <input type="checkbox"/> Happiness | <input type="checkbox"/> Verbal clarity |
| <input type="checkbox"/> Expertise | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Public Service | <input type="checkbox"/> Balance |
| <input type="checkbox"/> Change | <input type="checkbox"/> Common Sense | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Pride |
| <input type="checkbox"/> Modesty | <input type="checkbox"/> Moderation | <input type="checkbox"/> Courtesy | <input type="checkbox"/> Self-Restraint |
| <input type="checkbox"/> Diligence | <input type="checkbox"/> Persistence | <input type="checkbox"/> Ability to See Decision Through | <input type="checkbox"/> Freedom to Choose |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Ability to Listen Carefully | <input type="checkbox"/> Feedback | <input type="checkbox"/> Status |

For further thought: What did you discover? What surprised you?



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