



Values Inventory

- I. Our personal and professional values influence the decisions we make and the behaviors we engage in. As life gets busier, sometimes you can lose sight of your values and make choices that are not in line with who you are and what you want to present to the world around you. Take a moment to review this list of values. Circle the values that resonate with you the most.

Authenticity	Fame	Peace
Achievement	Friendships	Pleasure
Adventure	Fun	Poise
Authority	Growth	Popularity
Autonomy	Happiness	Recognition
Balance	Honesty	Religion
Beauty	Humor	Reputation
Boldness	Influence	Respect
Compassion	Inner Harmony	Responsibility
Challenge	Justice	Security
Citizenship	Kindness	Self-Respect
Community	Knowledge	Service
Competency	Leadership	Spirituality
Contribution	Learning	Stability
Creativity	Love	Success
Curiosity	Loyalty	Status
Determination	Meaningful Work	Trustworthiness
Fairness	Openness	Wealth
Faith	Optimism	Wisdom

II. Review the initial list of values that you circled. Identify the top five core values that are important to you and complete the table below.

Value	Brief Explanation Why is this value important to you?
1.	
2.	
3.	
4.	
5.	

III. Now that you have taken the time to reflect and identify your most important core values. Ask yourself:

1. How might I be living outside of my values right now?

2. What would I need to change to support my values?