

VALUES INVENTORY

HOW TO GET STARTED

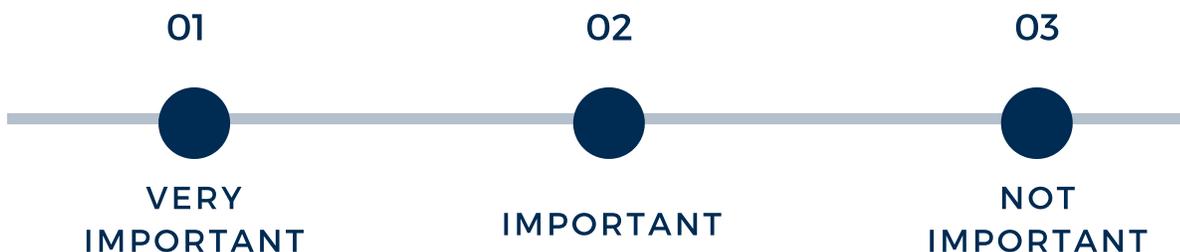
When we live a life aligned with our values, we are typically happier and healthier. However, few of us can state our key values with great clarity. This process can help.

Review the list of values on the following pages. Without judging your decisions, determine which of the values are Very Important, Important, or Not Important in how you want to live your life, both professional and personally.

THREE KEY NOTES:

- You can only have 10 values in the Very Important list.
- You do not have to use all the items.
- You can add your own values/wording as desired.

THREE CATEGORIES OF VALUES



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VALUES TO CONSIDER

- **Achievement:** Have important accomplishments
- **Adventure:** Have new/exciting experiences
- **Attractiveness:** Be physically attractive
- **Authority:** Be in charge of/responsibility for others
- **Beauty:** Appreciate beauty around me
- **Change:** Have a life full of change/variety
- **Challenge:** Take on difficult tasks and problems
- **Comfort:** Have pleasant and comfortable life
- **Compassion:** Feel/act on concern for others
- **Contribution:** Make a contribution to community
- **Cooperation:** Work collaboratively with others
- **Creativity:** Have new and original ideas
- **Dependability:** Be reliable and trustworthy
- **Duty:** Carry out my duties and obligations
- **Ecology:** Live in harmony with the environment
- **Empathy:** Understand feelings of others
- **Faithfulness:** Loyal and true in relationships
- **Family:** Have a happy, loving family
- **Financial Wealth:** Have plenty of money
- **Flexibility:** Adjust to new circumstances easily
- **Forgiveness:** Be forgiving of others
- **Friendship:** Have close, supportive friendships
- **Fun:** Play and have fun
- **Generosity:** Give what I have to others
- **Growth:** Keep changing and growing
- **Health - Physical:** Mind/body wellness
- **Helpfulness:** Helpful to others
- **Honesty:** Honest and truthful
- **Hope:** Maintain positive outlook
- **Humor:** See humorous side of myself & world
- **Independence:** Be free from dependence on others
- **Industry:** Work hard and well at my tasks

VALUES TO CONSIDER

- Justice: Promote fair and equal treatment
- Knowledge: Learn and contribute valuable knowledge
- Leisure: Take time to relax/enjoy
- Love: Be loved by those close to me/Give love
- Mastery: Excel in my everyday activities
- Mindfulness: Live mindful of present moment
- Non-Conformity: Question authority, challenge norms
- Openness: To be open to new ideas, options
- Order: Have a life that is well organized/ordered
- Passion: Have deep feelings about ideas, people, activities
- Popularity: Be well-known/liked by many people
- Purpose: Have meaning/direction in my life
- Religion: Maintain a meaningful religious practice
- Responsibility: Make/carry out responsible decisions
- Risk: To take risks and chances
- Safety: Be safe and secure
- Self-Acceptance: Accept myself as I am
- Self-Control: Be disciplined in my own actions
- Self-Awareness: Have honest understanding of myself
- Service: Be of service to others
- Sexuality: Have an exciting, satisfying sex life
- Simplicity: Live simply, minimally
- Solitude: Have time/space apart from others
- Spirituality: Grow and mature spiritually
- Stability: Have a life that stays consistent
- Tolerance: To accept/respect those who differ from me
- Tradition: Embody a way of life given to us by ancestors
- Virtue: Live a morally pure life
- World Peace: To work toward/promote world peace
- OTHER VALUE: _____

RANKING VALUES

VERY IMPORTANT TO ME

Reminder: You can only list 10 values in the Very Important list.

IMPORTANT TO ME

NOT IMPORTANT TO ME

RANKING VALUES

Review the items you listed as VERY IMPORTANT. Now, rank these items from 1 (most important) to 10 (least important of your very important).

VERY IMPORTANT TO ME

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Once your list is final, ask yourself the following questions:

- When I look at how I spend my time, am I living a professional life that aligns with my values?
- When I look at how I spend my time, am I living a personal life that aligns with my values?
- Are there any small changes I can make that would help me live in better alignment with what I value?
- When can I begin my first small change?
- Who can I ask to be my accountability partner?