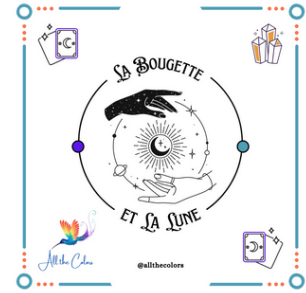


Values Inventory

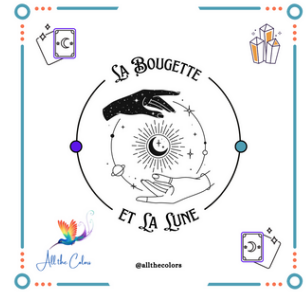


Step One: Read through the list below and write down in your journal all of the values that catch your eye. *Set a timer for 5 minutes*

Abundance	Duty	Integrity	Resilience
Achievement	Education	Intelligence	Resourcefulness
Activism	Ecology/Environment	Intimacy	Respect
Adventure	Equity	Investing	Responsibility
Ambition	Ethics	Joy	Safety
Approval	Excellence	Justice	Security
Art(s)	Experience	Kindness	Self-reliance
Authenticity	Expertise	Leadership	Sensuality
Beautiful things	Expressiveness	Learning	Serenity
Beauty	Fairness	Listening	Service
Belonging	Faith	Love	Significance
Challenges	Fame	Loyalty	Simplicity
Change	Family	Making a difference	Spirituality
Clarity	Financial independence	Mastery	Stability
Collaboration	Fitness	Meaningful work	Status
Comfort	Flexibility	Mindfulness	Stewardship
Commitment	Forward-looking	Nature	Success
Community	Freedom	Open-mindedness	Teaching
Compassion	Friendship	Order	Thrift
Competence	Frugality	Originality	Thriving
Competition	Generosity	Peace	Tradition
Confidence	Growth	Philanthropy	Transcendence
Connection	Happiness	Play	Transformation
Contentment	Harmony	Pleasure	Trustworthiness
Contribution	Having the best	Power	Truth
Control	Health	Privacy	Uniqueness
Cooperation	Helping others	Productivity	Unity
Country	Home	Prosperity	Virtue
Creativity	Honesty	Purpose	Vision
Decisiveness	Imagination	Reason	Wealth
Devotion	Independence	Recognition	Wellness
Dignity	Individuality	Recreation	Wisdom
Discipline	Influence	Relationships	Worthine
Diversity	Innovative	Reliability	Other???



Values Inventory



Step Two: List out your top ten values.
Set a timer for 3 minutes

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Step Three: Narrow it down to the top five values.
Set a timer for 1 minute

