

# List of Values

Accountability	Giving Back	Respect
Achievement	Grace	Resourcefulness
Adaptability	Gratitude	Responsibility
Adventure	Growth	Risk-taking
Altruism	Harmony	Safety
Ambition	Health	Security
Authenticity	Home	Self-discipline
Balance	Honesty	Self-expression
Beauty	Hope	Self-respect
Being the Best	Humility	Serenity
Belonging	Humor	Service
Career	Inclusion	Simplicity
Caring	Independence	Spirituality
Collaboration	Integrity	Sportsmanship
		Stewardship
Commitment	Initiative	Success
Community	Intuition	Time
Compassion	Job Security	Teamwork
Competence	Joy	Thrift
Confidence	Justice	Tradition
Connection	Kindness	Travel
Contentment	Knowledge	Trust
Contribution	Leadership	Truth
Cooperation	Learning	Understanding
Courage	Legacy	Uniqueness
Creativity	Leisure	Usefulness
Dignity	Love	Vision
Diversity	Loyalty	Vulnerability
Environment	Making a Difference	Wealth
		Well-being
Efficiency	Openness	Wholeheartedness
Equality	Optimism	Wisdom
Ethics	Order	
Excellence	Nature	Write Your Own:
Fairness	Parenting	-----
Faith	Patriotism	
Family	Patience	-----
Financial Stability	Peace	
Forgiveness	Perseverance	-----
Freedom	Personal Fulfillment	
Friendship	Power	-----
Fun	Pride	
Future Generations	Recognition	-----
Generosity	Reliability	

# VALUES INVENTORY

If you added values to the Write Your Own section, please disperse each to a different group on the List of Values worksheet.

Next, pick the one value that most resonates with you from each of the 8 groups. Fill in the blanks below with your values.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_  
8. \_\_\_\_\_

Your list will have values that are similar to each other. Create 2 separate groups keeping the most similar values together. You may find some outliers. That is ok. Put them in the group that makes the most sense to you. Once you have your 2 groups, highlight the one value from each group that serves best as the umbrella value to the others in that group. A good question to ask yourself is ~ Which value allows me to experience the others? You now have your top 2 values!

GROUP 1

GROUP 2

# VALUES INVENTORY

My top values are 1. \_\_\_\_\_ & 2. \_\_\_\_\_

Now, it's time to explore what you are doing when you are in alignment with your values. List 3-4 examples for each. You'll know because when you're doing this, you feel a sense of ease. You feel most like yourself

Next, list what you are doing when you've fallen out-of-alignment with your values. You'll know because you will feel tension, higher anxiety, and out-of-sorts.

When I am in alignment with 1. \_\_\_\_\_ I am doing:

---

---

---

When I am in alignment with 2. \_\_\_\_\_ I am doing:

---

---

---

When I am out-of-alignment with 1. \_\_\_\_\_ I am doing:

---

---

---

When I am out-of-alignment with 2. \_\_\_\_\_ I am doing:

---

---

---

Commit to doing more of what feels good and less of what doesn't.  
Commit to recognizing when you are out-of-alignment & intentionally choose to  
realign with your values.