# Values Inventory

In the first column, check the values that feel important to you personally. In the second column, check the values that your family, culture, or religion told you were the "right" values. Compare the two lists. Are there any values you're trying to live by that don't feel authentic?

| | |
|---|---|
| ☐ Adventure (excitement) | ☐ Adventure (excitement) |
| ☐ Altruism (selflessness) | ☐ Altruism (selflessness) |
| ☐ Authenticity (genuineness) | ☐ Authenticity (genuineness) |
| ☐ Authority (power) | ☐ Authority (power) |
| ☐ Autonomy (independence) | ☐ Autonomy (independence) |
| ☐ Belonging (connection) | ☐ Belonging (connection) |
| ☐ Caution (carefulness) | ☐ Caution (carefulness) |
| ☐ Clarity (directness) | ☐ Clarity (directness) |
| ☐ Compassion (empathy) | ☐ Compassion (empathy) |
| ☐ Competition (sportsmanship) | ☐ Competition (sportsmanship) |
| ☐ Courage (bravery) | ☐ Courage (bravery) |
| ☐ Courtesy (politeness) | ☐ Courtesy (politeness) |
| ☐ Creativity (imagination) | ☐ Creativity (imagination) |
| ☐ Curiosity (investigation) | ☐ Curiosity (investigation) |
| ☐ Discipline (restraint) | ☐ Discipline (restraint) |
| ☐ Excellence (achievement) | ☐ Excellence (achievement) |
| ☐ Flexibility (adaptability) | ☐ Flexibility (adaptability) |
| ☐ Freedom (liberation) | ☐ Freedom (liberation) |
| ☐ Generosity (giving) | ☐ Generosity (giving) |
| ☐ Gratitude (contentment) | ☐ Gratitude (contentment) |
| ☐ Growth (progress) | ☐ Growth (progress) |
| ☐ Harmony (cooperation) | ☐ Harmony (cooperation) |
| ☐ Humor (playfulness) | ☐ Humor (playfulness) |
| ☐ Inclusivity (diversity) | ☐ Inclusivity (diversity) |
| ☐ Influence (legacy) | ☐ Influence (legacy) |
| ☐ Integrity (honesty) | ☐ Integrity (honesty) |
| ☐ Intellect (rationality) | ☐ Intellect (rationality) |
| ☐ Justice (equity) | ☐ Justice (equity) |
| ☐ Loyalty (commitment) | ☐ Loyalty (commitment) |
| ☐ Moderation (balance) | ☐ Moderation (balance) |
| ☐ Passion (emotion) | ☐ Passion (emotion) |
| ☐ Peace (serenity) | ☐ Peace (serenity) |
| ☐ Poise (propriety) | ☐ Poise (propriety) |
| ☐ Positivity (optimism) | ☐ Positivity (optimism) |
| ☐ Prosperity (abundance) | ☐ Prosperity (abundance) |
| ☐ Purity (virtue) | ☐ Purity (virtue) |
| ☐ Resilience (grit) | ☐ Resilience (grit) |
| ☐ Respect (dignity) | ☐ Respect (dignity) |
| ☐ Responsibility (duty) | ☐ Responsibility (duty) |
| ☐ Simplicity (minimalism) | ☐ Simplicity (minimalism) |
| ☐ Stability (reliability) | ☐ Stability (reliability) |
| ☐ Tolerance (open-mindedness) | ☐ Tolerance (open-mindedness) |
| ☐ Trust (consistency) | ☐ Trust (consistency) |
| ☐ Vitality (health) | ☐ Vitality (health) |
| ☐ Vulnerability (openness) | ☐ Vulnerability (openness) |
| ☐ Wisdom (discernment) | ☐ Wisdom (discernment) |

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