

LIFE VALUES INVENTORY

Prioritize your values



Get to a healthier place.

Review the list below and for each value, place an **X** in the box that indicates how important that value is to you. Once you've gone through the entire list, narrow down the values in the very important column to the top 5. You will notice that some of the values are very similar. This was intentional to help you drill down on what's most important to you. As you compile your top five, feel free to use overarching themes, such as *family*. You may also want to combine values, such as, *Independence - financial, time and location*. As you begin setting goals and creating a plan to live a life of freedom, be sure that what you are planning aligns with your top five values below.

LIFE VALUES	Very Important	Somewhat Important	Not Important
Change and Variety			
Travel			
Creativity			
Nature and the Environment			
Financial Security - Savings and Wealth			
Financial Reward - Earning and Income			
Independence			
Time Freedom			
Work Mastery and Expertise			
To be Challenged			
Self-Improvement			
Pursuit of Knowledge			
Healthy Lifestyle			
Innovation			
Leisure and Hobbies			
Aesthetics - Enjoying Beauty			
Material Possessions			
Home and Physical Environment			
Alone Time			
Peace and Quiet			

LIFE VALUES	Very Important	Somewhat Important	Not Important
Marriage and Partnership			
Immediate Family			
Extended Family			
Improve the World We Live In			
Helping Others			
Public and Social Interaction			
Friendships			
Sense of Belonging			
Physical Affection			
Faith and Spirituality			
Stability, Structure, and Routine			
Physical Safety			
Public Recognition			
Ability to Influence People			
Leadership - Leading Others			
Moral Fulfillment and Integrity			
Work Satisfaction			
Meaningful Work			

My Top 5 Values are:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**