

# Values Inventory - Your Inner Compass

**Purpose:** Clarify what truly matters to you and assess how well your life currently aligns with those values.

## Section 1: Core Values Discovery

**Instructions:** Circle or highlight the top 10 values that resonate most with you. (Add your own if needed.)

*Creativity • Freedom • Integrity • Growth • Love • Wisdom • Joy • Service • Adventure • Compassion • Honesty • Spirituality • Stability • Connection • Justice • Courage • Learning • Simplicity • Authenticity • Playfulness • Reflection*

Now, narrow it down to **your top 5 core values**:

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

## Section 2: Alignment Check-In

**Instructions:** Reflect on how well your current habits and decisions align with these values.

Value	How I Honor This Value	Where I May Be Out of Alignment	One Way to Reconnect
e.g. Compassion	Volunteering once a month	I judge myself harshly	Practice self-kindness when I make mistakes