

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 |