

Life Values Inventory

Name:

Date:

The following list contains various life values. Read through each value carefully and rate its importance to you on a scale from 1 to 10, where 1 indicates "not important" and 10 indicates "extremely important." Be honest with yourself and trust your instincts while rating each value.

In the "Explanation" column, briefly explain why each value is important to you. Once you have rated all the values and provided explanations, you can use the results to gain insight into your personal values and priorities.

Life value	Importance (1-10)	Explanation
Family		
Health and well-being		
Career and professional growth		
Education and personal growth		
Love and relationships		

Financial security		
Spirituality		
Adventures and explorations		
Creativity		
Community and social engagement		
Integrity and honesty		
Independence		
Nature		

Making a difference		
Fun and leisure		
Physical fitness		
Peace and tranquility		
Justice		