

Core Values Inventory:

Part I: Review the list of core values below and determine which resonate with you. Indicate so by circling the value. If you do not see a particular value represented, add it to the blank cells.

Empowerment	Gratitude	Fairness	Influence
Growth	Pride	Sustainability	Trust
Partnership	Resiliency	Generosity	Safety
Curiosity	Environment	Status	Popularity
Family	Happiness	Authenticity	Consistency
Friends	Career	Compassion	Confidence
Adventure	Respect	Determination	Power
Fulfillment	Accountability	Reputation	Intelligence
Fun	Loyalty	Intention	Joy
Dependability	Passion	Faith	Clarity
Hard-work	Integrity	Vulnerability	Home
Enthusiasm	Self-discipline	Humor	Perseverance
Justice	Service	Responsibility	Intuition
Fitness	Hope	Spirituality	Health
Commitment	Challenge	Beauty	Abundance
Simplicity	Nature	Mindfulness	Play/playfulness
Competency	Wealth	Openness	Professionalism
Humility	Achievement	Purpose	Communication
Contribution	Risk	Collaboration	Accomplishment
Structure	Imagination	Peace	Religion
Independence	Balance	Stability	Solitude
Willingness	Adaptability	Flexibility	Ambition
Awareness	Connection	Creativity	Control
Kindness	Forgiveness	Courage	Productivity
Grace	Patience	Tolerance	Performance
Tradition	Exploration	Learning	Inclusivity
Acceptance	Duty	Dedication	Development
Time	Love	Leisure	Diversity

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Part II: Start to narrow your list, by adding the most important values of those you circled below.

Part III: You may notice many of your prioritized values share similar qualities. In a way that makes sense for you, group the values based on such similarities. Utilize as many columns as you need to. The final step is to choose one value from each grouping. These represent what values are fundamental to you.

Continuing your values exploration:

1. Are any of your values influenced by external sources: family, work, society, culture etc.?
2. Are you should-ing any of your values?
3. What values did your addiction impact the most? How so?
4. Which values seem to organically show up in your life?
5. Which values might you need to put a little more attention and energy to?
6. What ideas do you have to live more of a values-based life? How can you start where you're at?

Exercise:

In an effort to bring more awareness to your values set, consider journaling daily about how your values are showing up in your life—through your relationship with others, through your relationship with yourself, your interactions, your choices etc.