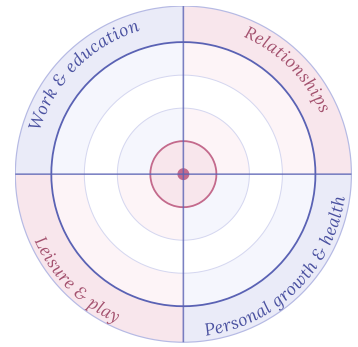


Values Inventory

What matters to me, across four areas of life

Values are the qualities you want to bring to how you live: directions to move in, rather than rules to obey or goals to tick off. Choose what genuinely matters to you, not what you feel you should value.



- ☐ Tick any that matter to you.
- ☒ Fill in up to five that matter most: your core values.
- ___/10 Rate how important each area of life is to you right now.



Work & education

What I bring to work, study or my role

importance ___/10

- | | | |
|--------------------------------------|---------------------------------------|---------------------------------------|
| ☐ Learning | ☐ Service | ☐ Mentoring |
| ☐ Mastery | ☐ Excellence | ☐ Efficiency |
| ☐ Contribution | ☐ Autonomy | ☐ Knowledge |
| ☐ Craftsmanship | ☐ Security | ☐ Problem-solving |
| ☐ Competence | ☐ Innovation | ☐ Ethics |
| ☐ Diligence | ☐ Professionalism | ☐ Ambition |
| ☐ Responsibility | ☐ Purpose | ☐ Reliability |
| ☐ Leadership | ☐ Achievement | ☐ Accountability |
| ☐ Collaboration | ☐ Persistence | ☐ Challenge |
| ☐ Curiosity | ☐ Initiative | ☐ Recognition |

Also: _____



Relationships

With partner, family, friends and community

importance ___/10

- | | | |
|-----------------------------------|-----------------------------------|-------------------------------------|
| ☐ Connection | ☐ Openness | ☐ Affection |
| ☐ Intimacy | ☐ Respect | ☐ Empathy |
| ☐ Loyalty | ☐ Equality | ☐ Fairness |
| ☐ Kindness | ☐ Generosity | ☐ Community |
| ☐ Honesty | ☐ Warmth | ☐ Hospitality |
| ☐ Trust | ☐ Commitment | ☐ Cooperation |
| ☐ Forgiveness | ☐ Caring | ☐ Presence |
| ☐ Belonging | ☐ Family | ☐ Encouragement |
| ☐ Friendship | ☐ Parenting | ☐ Reciprocity |
| ☐ Support | ☐ Partnership | ☐ Assertiveness |

Also: _____



Personal growth & health

Caring for body, mind and spirit

importance ___/10

- | | | |
|---------------------------------------|------------------------------------|---------------------------------------|
| ☐ Health | ☐ Patience | ☐ Open-mindedness |
| ☐ Self-care | ☐ Wisdom | ☐ Discipline |
| ☐ Growth | ☐ Authenticity | ☐ Moderation |
| ☐ Courage | ☐ Faith | ☐ Fitness |
| ☐ Mindfulness | ☐ Integrity | ☐ Nourishment |
| ☐ Spirituality | ☐ Independence | ☐ Meaning |
| ☐ Self-compassion | ☐ Justice | ☐ Hope |
| ☐ Acceptance | ☐ Humility | ☐ Compassion |
| ☐ Balance | ☐ Peace | ☐ Contentment |
| ☐ Gratitude | ☐ Self-respect | ☐ Healing |

Also: _____



Leisure & play

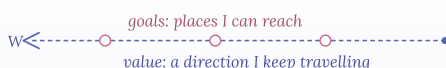
How I rest, play and enjoy life

importance ___/10

- | | | |
|-----------------------------------|---|---|
| ☐ Fun | ☐ Exploration | ☐ Imagination |
| ☐ Adventure | ☐ Artistic expression | ☐ Shared enjoyment |
| ☐ Playfulness | ☐ Humour | ☐ Solitude |
| ☐ Creativity | ☐ Relaxation | ☐ Simplicity |
| ☐ Nature | ☐ Movement | ☐ Flow |
| ☐ Beauty | ☐ Novelty | ☐ Culture |
| ☐ Freedom | ☐ Excitement | ☐ Light-heartedness |
| ☐ Spontaneity | ☐ Wonder | ☐ Appreciation |
| ☐ Rest | ☐ Celebration | ☐ Savouring |
| ☐ Pleasure | ☐ Sensuality | ☐ Travel |

Also: _____

Values or goals?



A value is like heading west: you can keep travelling that way but never arrive. Goals are towns along the route. "Being a caring friend" is a value; "call Sam on Sunday" is a goal that serves it.

Is it truly mine?

- ☐ I'd choose it even if no one knew
- ☐ It's a "want to", not a "should"
- ☐ It's about how I act, not how others act
- ☐ It still matters when things are hard

Values or strengths?

Strengths are qualities you already bring; values are directions you choose. A value can guide you even when the matching strength feels out of reach. Use this alongside your Strengths Inventory.

SOURCES

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). Guilford Press.
Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bull's-Eye Values Survey: A psychometric evaluation. *Cognitive and Behavioral Practice*, 19(4), 518–526.
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Note: the four life areas follow Lundgren et al. (2012); this values list is an original clinical aid, not a standardised measure.