

Life Values Inventory

Name: _____ Date: _____ dd / mm / yyyy

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.

Family - Importance (1-10)

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Family - Explanation

Health and well-being - Importance (1-10)

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Health and well-being - Explanation

Career and professional growth - Importance (1-10)

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Career and professional growth - Explanation

Education and personal growth - Importance (1-10)

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Education and personal growth - Explanation

Love and relationships - Importance (1-10)

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Love and relationships - Explanation

Financial security - Importance (1-10)

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Financial security - Explanation

Spirituality - Importance (1-10)

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Spirituality - Explanation

Adventures and explorations - Importance (1-10)

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Adventures and explorations - Explanation

Creativity - Importance (1-10)

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Creativity - Explanation

Community and social engagement - Importance (1-10)

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Community and social engagement - Explanation

Integrity and honesty - Importance (1-10)

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Integrity and honesty - Explanation

Independence - Importance (1-10)

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Independence - Explanation

Nature - Importance (1-10)

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Nature - Explanation

Making a difference - Importance (1-10)

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Making a difference - Explanation

Fun and leisure - Importance (1-10)

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Fun and leisure - Explanation

Physical fitness - Importance (1-10)

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Physical fitness - Explanation

Peace and tranquility - Importance (1-10)

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Peace and tranquility - Explanation

Justice - Importance (1-10)

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Justice - Explanation