



VALUE INVENTORY

Who you are is most accurately reflected in the things you love, the things that are interesting to you and that you find meaning in. Knowing your- self is the first step to a happier life. The objective of this exercise is to create an inventory of your values.

You'll begin by surrounding the six value categories with as many values as you can (try to list at least 5 under each category).

Work & Creative Activities	Knowledge, Traits & Skills
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
People	Environments & Places
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Possessions	Hobbies, Art, Experiences & Fun
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____