

## Family Value Inventory

Review the following list of values, and through the process of elimination select five or fewer values that hold the most importance for you. Don't choose values that you think you should have, instead choose values that you do have and that you do demonstrate. You should be able to come up with three or more stories of how you have lived a value if it is true to you.

Acceptance	Accomplishment	Accountability
Accuracy	Achievement	Adaptability
Alertness	Altruism	Ambition
Amusement	Assertiveness	Attention
Awareness	Balance	Beauty
Boldness	Bravery	Brilliance
Calm	Candor	Capable
Careful	Certainty	Challenge
Charity	Cleanliness	Clear
Clever	Comfort	Commitment
Common sense	Communication	Community
Compassion	Competence	Concentration
Confidence	Connection	Consciousness
Consistency	Contentment	Contribution
Control	Conviction	Cooperation
Courage	Courtesy	Creation
Creativity	Credibility	Curiosity
Decisive	Dedication	Dependability
Determination	Development	Devotion
Dignity	Discipline	Discovery
Drive	Effectiveness	Efficiency
Empathy	Empower	Endurance
Energy	Enjoyment	Enthusiasm
Equality	Ethical	Excellence
Experience	Exploration	Expressive
Fairness	Family	Famous
Fearless	Feelings	Ferocious
Fidelity	Focus	Foresight
Fortitude	Freedom	Friendship

Fun	Generosity	Genius
Giving	Goodness	Grace
Gratitude	Greatness	Growth
Happiness	Hard Work	Harmony
Health	Honesty	Honor
Hope	Humility	Humor
Imagination	Improvement	Independence
Individuality	Innovation	Inquisitive
Insightful	Inspiring	Integrity
Intelligence	Intensity	Intuitive
Joy	Justice	Kindness
Knowledge	Lawful	Leadership
Learning	Liberty	Logic
Love	Loyalty	Mastery
Maturity	Meaning	Moderation
Motivation	Openness	Optimism
Order	Organization	Originality
Passion	Patience	Peace
Performance	Persistence	Playfulness
Poise	Potential	Power
Present	Productivity	Professionalism
Prosperity	Purpose	Quality
Realistic	Reason	Recognition
Recreation	Reflective	Respect
Responsibility	Restraint	Results Oriented
Reverence	Rigor	Risk
Satisfaction	Security	Self-Reliance
Selfless	Sensitivity	Serenity
Service	Sharing	Significance
Silence	Simplicity	Sincerity
Skill	Skillfulness	Smart
Solitude	Spirit	Spirituality
Spontaneous	Stability	Status
Stewardship	Strength	Structure
Success	Support	Surprise
Sustainability	Talent	Teamwork

Temperance  
Thoughtful  
Toughness  
Transparency  
Truth  
Unity  
Vigor  
Wealth  
Wisdom

Thankful  
Timeliness  
Traditional  
Trust  
Understanding  
Valor  
Vision  
Welcoming  
Wonder

Thorough  
Tolerance  
Tranquility  
Trustworthy  
Uniqueness  
Victory  
Vitality  
Winning