



Values



Values are core principles and beliefs that act as an internal compass. They guide your decisions, behaviors and priorities, help you live a more authentic and purposeful life. Reconizing your values is a foundational step in self-discovery and healing.

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Justice |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Love |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Family | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Security |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Service |
| <input type="checkbox"/> Health | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Success |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Wonder |
| | <input type="checkbox"/> Work |

Other Values: _____
