



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. Recognizing 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: _____
