

## VALUES INVENTORY

Accountability	Equality	Optimism
Achievement	Excellence	Prestige
Adaptability/flexibility	Faith	Productivity
Ambition	Family	Quality
Being liked	Fantasy	Relaxation
Caring	Friendship/belonging	Respect
Collaboration/cooperation	Generosity	Responsibility/authority
Community	Honour	Safety
Competition	Honesty/integrity	Security
Control/order/discipline	Independence	Self interest
Creativity	Individuality	Sharing
Economics/profit/success	Innovation	Team work
Education	Interdependence	Technology
Efficiency	Intimacy	Tradition
Empathy	Justice	Truth
Endurance/patience	Knowledge	Other:
Environmental responsibility	Leisure/play/recreation	Other:
	Loyalty	Other:
		Other:

Five Most Important Values to Me:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

- A. What is important to you and who is important to you?
- B. What happens to these people if you are not well?
- C. How is taking care of yourself a good thing for your spouse, your children, your parents, your friends, your colleagues, and your clients?