

# Values Inventory

Fighting addiction is a journey that often requires looking inward and reconnecting with what truly matters to you. **Core values—those guiding principles that define who you are and what you stand for—can serve as a powerful foundation for recovery.** This worksheet is designed to help you identify and align with your core values.

To get started, set a timer for two minutes and review the list of values below. Put a checkmark next to the ones that resonate with you the most. The timer helps you trust your gut without overthinking.

## Values List

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Acceptance     | <input type="checkbox"/> Collaboration | <input type="checkbox"/> Dependability |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Commitment    | <input type="checkbox"/> Determination |
| <input type="checkbox"/> Accuracy       | <input type="checkbox"/> Compassion    | <input type="checkbox"/> Dignity       |
| <input type="checkbox"/> Adaptability   | <input type="checkbox"/> Competence    | <input type="checkbox"/> Discipline    |
| <input type="checkbox"/> Ambition       | <input type="checkbox"/> Confidence    | <input type="checkbox"/> Diversity     |
| <input type="checkbox"/> Appreciation   | <input type="checkbox"/> Connection    | <input type="checkbox"/> Empathy       |
| <input type="checkbox"/> Authenticity   | <input type="checkbox"/> Consistency   | <input type="checkbox"/> Encouragement |
| <input type="checkbox"/> Balance        | <input type="checkbox"/> Contribution  | <input type="checkbox"/> Equality      |
| <input type="checkbox"/> Bravery        | <input type="checkbox"/> Cooperation   | <input type="checkbox"/> Excellence    |
| <input type="checkbox"/> Calmness       | <input type="checkbox"/> Courage       | <input type="checkbox"/> Fairness      |
| <input type="checkbox"/> Care           | <input type="checkbox"/> Creativity    | <input type="checkbox"/> Faith         |
| <input type="checkbox"/> Charity        | <input type="checkbox"/> Curiosity     | <input type="checkbox"/> Family        |
| <input type="checkbox"/> Clarity        | <input type="checkbox"/> Dedication    | <input type="checkbox"/> Flexibility   |



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|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Forgiveness  | <input type="checkbox"/> Knowledge    | <input type="checkbox"/> Resilience      |
| <input type="checkbox"/> Freedom      | <input type="checkbox"/> Leadership   | <input type="checkbox"/> Respect         |
| <input type="checkbox"/> Friendship   | <input type="checkbox"/> Learning     | <input type="checkbox"/> Responsibility  |
| <input type="checkbox"/> Generosity   | <input type="checkbox"/> Loyalty      | <input type="checkbox"/> Security        |
| <input type="checkbox"/> Gratitude    | <input type="checkbox"/> Moderation   | <input type="checkbox"/> Self-awareness  |
| <input type="checkbox"/> Growth       | <input type="checkbox"/> Motivation   | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Harmony      | <input type="checkbox"/> Nurturing    | <input type="checkbox"/> Service         |
| <input type="checkbox"/> Health       | <input type="checkbox"/> Objectivity  | <input type="checkbox"/> Simplicity      |
| <input type="checkbox"/> Honesty      | <input type="checkbox"/> Openness     | <input type="checkbox"/> Spirituality    |
| <input type="checkbox"/> Hope         | <input type="checkbox"/> Optimism     | <input type="checkbox"/> Strength        |
| <input type="checkbox"/> Humility     | <input type="checkbox"/> Originality  | <input type="checkbox"/> Support         |
| <input type="checkbox"/> Humor        | <input type="checkbox"/> Patience     | <input type="checkbox"/> Sustainability  |
| <input type="checkbox"/> Inclusivity  | <input type="checkbox"/> Peace        | <input type="checkbox"/> Teamwork        |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Thoughtfulness  |
| <input type="checkbox"/> Integrity    | <input type="checkbox"/> Positivity   | <input type="checkbox"/> Tolerance       |
| <input type="checkbox"/> Joy          | <input type="checkbox"/> Practicality | <input type="checkbox"/> Transparency    |
| <input type="checkbox"/> Justice      | <input type="checkbox"/> Purpose      | <input type="checkbox"/> Trust           |
| <input type="checkbox"/> Kindness     | <input type="checkbox"/> Reliability  | <input type="checkbox"/> Wisdom          |



# Values Inventory

Next, rank your values in order of importance from most to least:

## My Core Values

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



# Values Inventory

Core values are the ones that guide most of your decisions and actions. Choose the three values that feel the most important to you right now. Write them below and answer the questions for each.

**Value #1:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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# Values Inventory

**Value #2:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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# Values Inventory

**Value #3:**

**Why is this value important to you?**

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**How has addiction gotten in the way of upholding this value?**

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**How can this value motivate your recovery?**

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