

Life Passions Inventory

Values give life meaning and direction to accomplish your goals. Look at your life and determine what is missing that is important to you. Consider all the items in the chart below.

Instructions: Look at the whole list and determine the following:

- ★ **Importance/Priority:** Choose 10-12 values and rank them in order of importance to you (#1 being your highest).
- ★ **Time/Energy:** For each item rated, define how much time and energy you are currently committing to supporting that value in your life. List H (high), M (moderate), L (low).
- ★ **“I Want More”:** For the right hand column, think of ways you might increase that value for four or five of your entries.

Values (add others or adapt the list to be what fits best for your life)	Importance/ Priority	Time/Energy H, M, L	Name “what you would like more of” for 4 or 5 of the areas below.
Health			
Marriage/Significant Intimate Relationship			
Family			
Children			
Work Satisfaction			
Material Things (things money can buy)			
Pleasure (things you like to do)			
Power			
Spiritual Beliefs and Values			
Sense of Purpose (meaningfulness in life)			
Personal Growth			
Self-Esteem			
Friendship/Social Interactions			
Financial Security			
Status (recognition from others)			
Physical Attractiveness/Appearance			
Creativity			
Volunteerism			
Intellectual Stimulation			
Education/Lifelong Learning			
Other: Ideals/Interests— sports, music, religion, hobbies, etc.			

Which values did you consistently rate HIGH on importance and HIGH on time and energy commitment?

Which values did you rate HIGH on importance and LOW on time and energy commitment?

Which values did you rate LOW on importance but HIGH on time and energy commitment?

Consider these results. Choose TWO things that you will change to better align your values with your commitment!

1.

2.

Revisit your Lucky S.T.A.R.s Top 10 list

Are there any items you would revise to better match your values? What is most meaningful to you now?