

VALUES INVENTORY

Personal values are part of the moral code that guides your actions. They are what you consider important, the things that matter to your well-being and happiness. Values can differ from person to person depending on many factors including culture and early childhood experiences. Aligning your values with your financial decisions can build self-awareness and healthy relationships with money. In the space below, you are invited to create a visual representation of your values by using words, drawing, and/or colors. As you create, think about the following questions: How do you value yourself?; What are your core values?; Are you living your values? Let this be a time of exploration, discovery, and fun!

