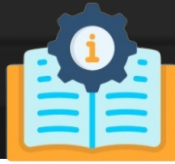




Values- Based Goal Inventory

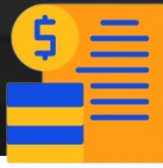
Instructions



This inventory is designed to help you identify your core values and strengths so you can set meaningful, long-term goals. Follow these steps:

- 1. Read each statement carefully.**
- 2. Rate how much you agree with each statement on a scale of 1–5:**
 - 1: Strongly Disagree**
 - 2: Disagree**
 - 3: Neutral**
 - 4: Agree**
 - 5: Strongly Agree**
- 3. Record your score for each statement in the space provided.**
- 4. After completing all 30 statements, use the Scoring Guide to tally your results.**
- 5. Reflect on your top themes and use them to guide your goal-setting.**

Statements



1. I would enjoy brainstorming innovative solutions to a big problem. _____
2. I would enjoy participating in a 30-day gratitude journaling challenge. _____
3. I would enjoy hosting a charity event to bring people together for a good cause. _____
4. I would enjoy setting up a plan to consistently save money for future goals. _____
5. I would enjoy creating a welcoming environment for new members of a group. _____
6. I would enjoy spending time in nature to reflect and feel inspired. _____
7. I would enjoy organizing a team project to help a nonprofit or community initiative. _____
8. I would enjoy creating a roadmap for achieving personal or professional milestones. _____
9. I would enjoy helping a friend through a difficult time by actively listening and offering support. _____

Statements



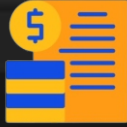
10. I would enjoy writing down lessons learned from my experiences to help others. _____
11. I would enjoy taking on a leadership role to inspire and guide others toward a goal. _____
12. I would enjoy stepping out of my comfort zone to try something adventurous. _____
13. I would enjoy dedicating time each week to volunteering for a cause I care about. _____
14. I would enjoy designing a personal challenge to stay physically or mentally disciplined. _____
15. I would enjoy participating in a workshop or class to learn a new skill. _____
16. I would enjoy finding ways to create peace and harmony within a group setting. _____
17. I would enjoy organizing a campaign to promote fairness and equality at work or in my community. _____
18. I would enjoy reflecting on and sharing moments of beauty, art, or nature that inspire me. _____

Statements



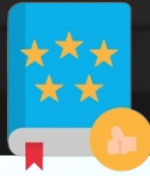
19. I would enjoy creating a new product, art piece, or side project that solves a real-world problem. _____
20. I would enjoy being part of a close-knit group where everyone feels valued. _____
21. I would enjoy motivating a group of people to pursue a common goal. _____
22. I would enjoy overcoming a significant challenge that requires resilience and persistence. _____
23. I would enjoy leading a team or organization to achieve a meaningful impact. _____
24. I would enjoy setting aside time each day to meditate or practice mindfulness. _____
25. I would enjoy collaborating with others to achieve shared goals. _____
26. I would enjoy exploring new perspectives and ideas to gain deeper understanding. _____

Statements



27. I would enjoy improving my physical health through consistent exercise and healthy eating. _____
28. I would enjoy expressing appreciation for people or things that positively impact my life. _____
29. I would enjoy mentoring someone who wants to develop their potential. _____
30. I would enjoy taking bold steps to pursue a dream, even if it feels risky. _____

Scoring Guide



Match your scores to the themes below. Add up your scores for each theme and write the total in the space provided.

Themes and Corresponding Statements

1. Strategic Thinking: 1, 8, 26

Total: _____

2. Relationship Building: 5, 9, 20

Total: _____

3. Influencing: 3, 11, 21

Total: _____

4. Executing: 4, 14, 27

Total: _____

Scoring Guide



5. Transcendence: 6, 18, 24

Total: _____

6. Temperance: 2, 13, 28

Total: _____

7. Justice: 7, 16, 17

Total: _____

8. Humanity: 9, 13, 29

Total: _____

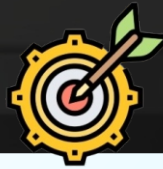
9. Courage: 12, 22, 30

Total: _____

10. Wisdom & Knowledge: 10, 15, 19

Total: _____

Reflection & Goal-Setting



1. **Identify Your Top Themes:** Review your totals and circle the three themes with the highest scores.
2. **Set Aligned Goals:** Use the examples below as inspiration to create your own goals:
 - **Strategic Thinking:** Create a 5-year plan for personal or career growth.
 - **Relationship Building:** Strengthen your connections by dedicating time to loved ones or joining a new community.
 - **Influencing:** Take on a leadership role or advocate for a cause.
 - **Executing:** Commit to a fitness challenge or complete a long-term project.
 - **Transcendence:** Start a mindfulness practice or explore creative outlets.
 - **Temperance:** Set boundaries for self-care or create a financial budget.

Reflection & Goal-Setting



- **Justice:** Collaborate on a community initiative or promote fairness.
- **Humanity:** Volunteer regularly or support someone's growth.
- **Courage:** Take bold steps toward a dream or face a significant challenge.
- **Wisdom & Knowledge:** Learn a new skill or mentor others with your insights.
- **Plan Your Next Steps:** Write down your specific goals and how you'll work toward them.

**Would you like to revisit this inventory in 6 months?
Mark your calendar to reflect and adjust your focus
as needed!**

Resources:

<https://www.viacharacter.org/>

<https://www.gallup.com/cliftonstrengths/en/253868/popular-cliftonstrengths-assessment-products.asp>