

Values Inventory

During a midlife crisis, gaining clarity on your core values can help you navigate life's changes with purpose and intention. **Understanding what truly matters to you allows you to make decisions that align with your authentic self.** To begin, set a timer for two minutes and review the list of values below. Mark the ones that resonate with you most—the timer encourages you to trust your instincts without overthinking.

Values List

- | | | |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Empathy | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Health |
| <input type="checkbox"/> Animals | <input type="checkbox"/> Equality | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Art | <input type="checkbox"/> Excellence | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Exercise | <input type="checkbox"/> Humour |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Faith | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Financial stability | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Friendships | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Career | <input type="checkbox"/> Fun | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Generosity | <input type="checkbox"/> Love |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Growth | <input type="checkbox"/> Mercy |



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- | | | |
|--|--|---|
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Quality | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Minimalism | <input type="checkbox"/> Reading | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Music | <input type="checkbox"/> Relationships | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Resilience | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Open mindedness | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Order | <input type="checkbox"/> Respect | <input type="checkbox"/> Vulnerability |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Passion | <input type="checkbox"/> Risk-taking | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Safety | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Perverserance | <input type="checkbox"/> Security | |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Self-compassion | |
| <input type="checkbox"/> Politics | <input type="checkbox"/> Self-respect | |
| <input type="checkbox"/> Privacy | <input type="checkbox"/> Spirituality | |



Values Inventory

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

My Most Important 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. Look at the top 3-5 values you've ranked. Ask yourself, "Do these truly reflect what drives me?" Core values tend to influence big life choices and the way you approach challenges, relationships, and goals.

Think about how often you live according to these values. Are they present in your day-to-day decisions and actions? If a value is truly core, it will show up consistently in your choices, and when it's absent, you'll likely feel off-balance or unsatisfied.

My Core Values

Value

What actions can I take in line with this value?

Value

What actions can I take in line with this value?



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My Core Values

Value

What actions can I take in line with this value?

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What actions can I take in line with this value?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

