



# LIFEVALUESINVENTORY ONLINE

clarifying your personal truth

## LVI Results Discussion Questions

### For High Priority Values:

1. What's great and positive about having this value high in your ranking?
2. What's stressful about having this value high in your ranking?
3. What were the influences that shaped the formation of this value for you (include cultural, gender and generational influences in the discussion)?
4. How does this value get expressed? How would we know that this is a value of yours? What does a healthy expression of this value look like for you?
5. How new or old does this value feel for you? Would it have been among your top values a few years ago, a few years from now?
6. How do your high priority values as a whole compare to others in your family, your friends, your current community, and your culture?
7. What fears are attached to your most important values and how do you manage/cope with those fears?
8. What value feels most comfortable to express in your current environment?
9. What value feels most difficult to express or marginalized in your current environment?

### For all 14 Values:

1. What value is currently causing you the most fulfillment and why?
2. What value is currently causing you the most stress and why?
3. What value has changed the most for you in the last year and why?
4. What value do you hope to affect the most in the next year and how?
5. What value do you gravitate to during times of change or extreme stress? How does that work well for you, does it present challenges?
6. What personal value(s) reflect your family culture and what value(s) represent a departure?
7. What value(s) are you hardest on yourself and others in terms of judgment?
8. If you could only be remembered for 3 values, what would they be and how are they currently expressed?
9. Have them explain their Over- and Under-Attended values. What would need to change or what actions would be required for greater congruency? What is amenable to change and what requires coping?
10. What value in your Under-Attended category would you be willing to devote a little more time and energy to, if you could only choose one?
11. What personal values, if any, are not represented in this list of 14 values?