

### VALUES ASSESSMENT

Rate each value below on a scale of 1-10 based on its importance in your life.  
 Then rate each value on a scale of 1-10 based on how well you feel your actions live up to your expectation of that value.

For example: You value achievement highly so your Value Ranking might be a 9. If you don't feel your actions live up to your ideals for achievement your Action Ranking might be a 5.

VALUE	VALUE RANKING 1-10	ACTION RANKING 1-10
Accomplishment		
Accountability		
Abundance		
Achievement		
Adventure		
Altruism		
Ambition		
Attitude		
Art		
Autonomy		
Beauty		
Balance		
Calmness		
Challenges		
Change		
Clarity		
Compassion		
Competence		
Competitiveness		
Commitment		
Community		
Connecting with others		
Courage		
Creativity		
Decisiveness		
Education		
Emotional Health		
Entrepreneurial		
Environment		

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VALUE	VALUE RANKING 1-10	ACTION RANKING 1-10
Ethics		
Excellence		
Excitement		
Fairness		
Fame		
Family		
Flexibility		
Friendship		
Forgiveness		
Freedom		
Fulfillment		
Fun		
Generosity		
Happiness		
Health		
Helping others		
Honesty		
Independence		
Integrity		
Joy		
Kindness		
Leadership		
Loyalty		
Meaningful work		
Money		
Nature		
Openness		
Order		
Patience		

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VALUE	VALUE RANKING 1-10	ACTION RANKING 1-10
Personal Growth		
Partnership		
Peacefulness		
Philanthropy		
Physical Appearance		
Play		
Pleasure		
Power		
Privacy		
Professionalism		
Recognition		
Relationships		
Religion		
Respect		
Security		
Self-Care		
Self-Discipline		
Self-Expression		
Self-Mastery		
Self-Realization		
Service		
Spirituality		
Stability		
Status		
Success		
Trust		
Wealth		
Wisdom		
Work		

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Review all your answers and then select your Top 15 Values for the chart below.

TOP 15 VALUES	GUIDING PRINCIPLE

Reflect on these 15 values above to select only the most important 5 values to move into the column on the right.

*These top 5 values are your guiding principles.*

Each time you make a decision it should support one or more of your most important values and guiding principles.