

Values Assessment



Instructions

Read the list of values below. Identify approximately ten that you believe you must have in order to be your best. After identifying ten, narrow this list to the four that are most important to you. Write these four on the lines provided at the bottom of the page.

Ask yourself:

1. What is most important to me?
2. What do I value more than anything else?

List of Values

Achievement	Community	Friendships	Helping Others	Physical Challenge
Privacy	Advancement	Promotion	Arts	Growth
Helping Society	Pleasure	Public Service	Adventure	Challenging Problems
Having a Family	Honesty	Purity	Affection	Change
Variety	Power	Authority	Independence	Tranquility
Quality	Security	Work	Creativity	Supervising Others
Knowledge	Self-Respect	Efficiency	Decisiveness	Merit
Time	Leadership	Freedom	Serenity	Ethical Practice
Democracy	Money	Truth	Order	Excellence
Nature	Competence	Integrity	Intimacy	Religion
Influencing Others	Competition	Quality	Location	Intellectual Status
Reputation	Sophistication	Cooperation	Involvement	Ecological Awareness
Inner Harmony	Responsibility	Accountability	Wisdom	Country
Fame	Job	Recognition	Fast Living	Work under Pressure
Loyalty	Financial Gain	Freedom	Group Work	Personal Development
Economic Security	Market Position	Work Alone	Wealth	Excitement
Status	Effectiveness	Meaning	Spirituality	Honest Friendships

Write your values on the lines below.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Values Assessment



What do you think about the ten (10) values you have chosen?

Do you see any similarities, patterns, or themes among the 10 values you have chosen?

What do you think these chosen values say about you?

Look at the 10 values you have chosen. Now, narrow them down to four and write your list on the lines provided below.

Four Core Values

1. _____
2. _____
3. _____
4. _____

