

# Values Assessment Worksheet

What values are most important to you? Circle/check all of the values that are most important to you from the examples below and/or feel free to add your own. (If you need to, go through the exercise of writing down other experiences in your life in which you felt you did something meaningful, were successful, creative, committed, decisive, etc. to identify personal values.)

- |                                      |   |
|--------------------------------------|---|
| Achievement/accomplishment           | Integrity                               |
| Advancement                          | Leadership                              |
| Autonomy                             | Learning/growing/gaining wisdom         |
| Balance                              | Leisure                                 |
| Belonging to a group                 | Listening                               |
| Building something                   | Mastering a technique/field             |
| Challenge                            | Personal development                    |
| Compassion                           | Physical activity                       |
| Competition                          | Receiving recognition/impressing people |
| Creativity                           | Repairing or fixing something           |
| Creating something new               | Respect                                 |
| Creating beauty                      | Risk-taking                             |
| Creating change (e.g. social change) | Safety                                  |
| Creating information                 | Security                                |
| Decision-making                      | Self-expression                         |
| Entrepreneurship                     | Spirituality                            |
| Equality                             | Stability                               |
| Excitement/risk                      | Status                                  |
| Fame                                 | Teamwork                                |
| Family happiness                     | Tenacity                                |
| Financial security                   | Visioning                               |
| Friendships                          | Wealth                                  |
| Fun                                  | Other: _____                            |
| Happiness                            | Other: _____                            |
| Harmony                              | Other: _____                            |
| Health                               | Other: _____                            |
| Helping others/serving people        | Other: _____                            |
| Influencing people                   |   |
| Improving or perfecting something    |   |
| Independence                         |   |

Now, choose the ten most important to you and then prioritize them.

What are the five most important to you? Prioritize them.