



## VALUES ASSESSMENT

Assessing your personal values is an important part of setting your personal goals and creating your life plan. When you identify your values, you discover what is truly important to you.

The following is a list of personal values that many people have identified as being important to them. In the chart below, rate each value listed with the following scale as to its importance in your life - "1" being extremely important and "5" being not as important. Add other values you consider essential to the bottom of the list.

VALUES	Most Important → Least Important				
	1	2	3	4	5
Gaining Wealth and financial security	1	2	3	4	5
Having loving relationship	1	2	3	4	5
Spending time alone	1	2	3	4	5
Relaxing and Free time	1	2	3	4	5
Having challenges to face	1	2	3	4	5
Happiness and having fun	1	2	3	4	5
Being Adventurous	1	2	3	4	5
Spiritual fulfillment	1	2	3	4	5
Security	1	2	3	4	5
Recognition or fame	1	2	3	4	5
Respect to others	1	2	3	4	5
Having responsibility	1	2	3	4	5
Sense of Personal accomplishment	1	2	3	4	5
Enjoying time with my family	1	2	3	4	5
Building Friendships	1	2	3	4	5
Helping or serving others	1	2	3	4	5
Leaving the world a better place	1	2	3	4	5

Learning and education	1	2	3	4	5
Personal Fitness and good health	1	2	3	4	5
Having personal accountability and responsible	1	2	3	4	5
Making my own decisions	1	2	3	4	5
Having a stable life style	1	2	3	4	5
Creating quality and performing with excellence	1	2	3	4	5
Having discipline and order in life	1	2	3	4	5
Having Integrity	1	2	3	4	5
Being Loyal	1	2	3	4	5
Being honest	1	2	3	4	5
Having Independence	1	2	3	4	5
Having someone to rely on	1	2	3	4	5
Expressing our Individuality	1	2	3	4	5
Being spontaneous and flexible	1	2	3	4	5
Being generous	1	2	3	4	5
Being Optimistic	1	2	3	4	5

List any other values that are important to you:

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Prioritize your eight most important values. (1 being the most important)

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What are the most important principles upon which your being and doing are based?

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Who are the people you need to be around whom best match your values and goals in life?

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