

VALUES ASSESSMENT

Rate each value on a scale of 1 to 10 based on its importance in your life. Then rate each value on a scale of 1 to 10 based on how well you live each value “walk the talk.”

<u>Value</u>	<u>Value Rating</u> <i>1 to 10</i>	<u>Action Rating</u> <i>1 to 10</i>
Accomplishment	_____	_____
Abundance	_____	_____
Achievement	_____	_____
Adventure	_____	_____
Altruism	_____	_____
Autonomy	_____	_____
Beauty	_____	_____
Clarity	_____	_____
Commitment	_____	_____
Communication	_____	_____
Community	_____	_____
Connecting to Others	_____	_____
Creativity	_____	_____
Emotional Health	_____	_____
Environment	_____	_____
Excellence	_____	_____
Family	_____	_____
Flexibility	_____	_____
Freedom	_____	_____
Friendship	_____	_____
Fulfillment	_____	_____
Fun	_____	_____
Holistic Living	_____	_____
Honesty	_____	_____
Humor	_____	_____
Integrity	_____	_____
Intimacy	_____	_____
Joy	_____	_____
Leadership	_____	_____
Loyalty	_____	_____
Nature	_____	_____
Openness	_____	_____
Orderliness	_____	_____
Personal Growth	_____	_____
Partnership	_____	_____
Physical Appearance	_____	_____
Power	_____	_____
Privacy	_____	_____
Professionalism	_____	_____
Recognition	_____	_____
Respect	_____	_____
Romance	_____	_____
Security	_____	_____
Self-Care	_____	_____
Self-Expression	_____	_____
Self-Mastery	_____	_____
Self-Realization	_____	_____
Sensuality	_____	_____
Service	_____	_____
Spirituality	_____	_____
Trust	_____	_____
Truth	_____	_____
Vitality	_____	_____

Let this be a very intuitive process for you.
Take the time to really give it your full time and attention.
Let go of all expectations.

This is a suggested way of doing the Values Assessment. The idea is to not use your brain so much, rather just to let your intuitive, deeper self give you the right answers. Let go of any judgment you have about any values and realize that different words mean different things to everyone.

Follow directions one at a time, best if you do not read ahead.

- 1.) Read once over all of the words getting a sense for which ones really pop out at you.
- 2.) Starting over, read through the list and put a 10 score in the Value Ratings column next to any that you feel are among your top ones that pop out at you. (Remember feel free to add any missing values!)
- 3.) Repeat the process this time placing a 9 next to the values that intuitively pop out at you as the next group.
- 4.) Follow these steps until all of the values have a score next to them.
- 5.) Now time for you action rating. Start at the top of the list, look at the score that you rated each value and place a rating under the action column depending on how much energy you give this values in you life.
 - a.) Your score will be the same meaning that you feel balanced and well with that value in your life.
 - b.) Your score will be less meaning you would like to act more in accordance with that value.
 - c.) Your score will be more meaning you are putting more energy to a value that is not your high priority.
- 6.) As you give each value an action rating, put a plus or a minus score next to it if you are not in alignment with a certain value. For example, if I rate a value at 10 and my action rating is 7 then I will have a -3 score.
- 7.) When you are finished you will get an overall picture and how aligned you are living with your values. Make a list of any values where you scored a +3 or -3 or more.
- 8.) Make a list of all the values that you scored 10 next to.
- 9.) Now narrow this list down to your 5 top values.

I hope this can be a valuable experience for you!!!

Good luck and have fun,

-Leah Grace