



VALUES ASSESSMENT

Values play an important part in our lives. Whether we are conscious of them or not, they impact how and why we show up the way we do. **Knowing what your values are and how they are relevant to your current circumstances, your goals, how you interact and see others can give you clarity and direction to life a joy-filled and meaningful life.** It is especially helpful when we may feel dissatisfied, confused, lacking in direction, or easily irritable toward a certain topic or person.



To guide you towards living a more joy-filled and meaningful life, complete the values assessment and exercise below:

1. Identify and rank your top ten values from the list below. Feel free to write in values you have that are not found on the list.
2. Then, write out what that value means to you.
3. Finally, give a percentage rating out of 100 on how often you believe you embody that value in your life. (eg. I embody X value 80% of the time)

Rank	Value	What does this value mean to me?	How often do I embody this value in my life?
1.			
2.			
3.			
4.			
5.			

Rank	Value	What does this value mean to me?	How often do I embody this value in my life?
6.			
7.			
8.			
9.			
10.			

VALUES LIST:

- Accountability
- Accuracy
- Achievement
- Adventurousness
- Ambition
- Assertiveness
- Balance
- Being the best
- Belonging
- Boldness
- Calmness
- Carefulness
- Challenge
- Cheerfulness
- Commitment
- Community
- Compassion
- Competitiveness
- Consistency
- Contribution
- Control
- Cooperation
- Correctness
- Courtesy
- Creativity
- Curiosity
- Decisiveness
- Democracy
- Dependability
- Determination
- Devoutness
- Diligence
- Discipline
- Discretion
- Diversity
- Efficiency
- Elegance
- Empathy
- Enthusiasm
- Equality
- Excellence
- Excitement
- Expertise
- Exploration
- Expressiveness
- Fairness
- Faith
- Family
- Fitness
- Focus
- Freedom
- Fun
- Generosity
- Goodness
- Growth
- Happiness
- Hard Work
- Health
- Helping
- Society
- Holiness
- Honesty
- Honour
- Humility
- Independence
- Ingenuity
- Inner Harmony
- Insightfulness
- Intelligence
- Intuition
- Joy
- Justice
- Leadership
- Legacy
- Love
- Loyalty
- Mastery
- Obedience
- Openness
- Order
- Originality
- Positivity
- Practicality
- Preparedness
- Professionalism
- Reliability
- Resourcefulness
- Restraint
- Results-Oriented
- Rigor
- Security
- Self-Control
- Selflessness
- Self-Reliance
- Sensitivity
- Serenity
- Service
- Simplicity
- Speed
- Spontaneity
- Stability
- Strategic
- Strength
- Structure
- Success
- Support
- Teamwork
- Thankfulness
- Thoroughness
- Thoughtfulness
- Timeliness
- Trustworthiness
- Truth-Seeking
- Uniqueness
- Unity
- Vision

Values Reflection

1. What thoughts and feelings come up as you evaluate the information in your chart?

2. Think of a current problem, dilemma, or discomfort you have currently. What part do your values play in that problem, dilemma, or discomfort?

3. In what areas of your life are you not honoring your values as much as you would like? Identify the specific value(s) lacking.

[Empty rounded rectangular box for response]

a. What are two behaviors you can take to support each of those missing values?

[Empty rounded rectangular box for response]

b. What are one or two behaviors you exhibit that are outside those values?

[Empty rounded rectangular box for response]

Your Noble Cause

Create and declare your personal purpose statement.

I am a _____, _____, and _____ person.

I want my legacy to be _____. I want to leave a legacy of _____, _____, and _____.

I can advance my best in my leadership and life today by _____.