

Values Assessment

Rate each value on a scale of 1 to 10 based on its importance in your life (1=not at all, 10=extremely).

Then rate each value based on how often you put it into action (1=never, 10=always).

Value	Value Rating (1 to 10)	Action Rating (1 to 10)
Abundance		
Accomplishment		
Achievement		
Activity		
Advancement		
Adventure		
Aesthetics		
Affluence		
Altruism		
Authority		
Autonomy		
Balance		
Beauty		
Challenge		
Change / Variety		
Clarity		
Collaboration		
Commitment		
Communication		
Community		
Compassion		
Competence		
Connecting to Others		
Courage		
Creativity		
Economic Security		
Emotional Health		
Environment		
Excellence		
Fame		
Family		
Flexibility		
Freedom		
Friendship		
Fulfillment		
Fun		
Happiness		
Help Others		

Value	Value Rating (1 to 10)	Action Rating (1 to 10)
Holistic Living		
Honesty		
Humor		
Influence		
Integrity		
Intimacy		
Joy		
Justice		
Knowledge		
Leadership		
Location		
Love		
Loyalty		
Nature		
Openness		
Order		
Personal Development / Personal Growth		
Partnership		
Physical Appearance		
Physical Fitness		
Power		
Privacy		
Professionalism		
Recognition		
Reflection		
Respect		
Responsibility		
Romance		
Security		
Self-Care		
Self-Expression		
Self-Mastery		
Self-Realization		
Self-Respect		
Sensuality		
Service		
Spirituality		
Status		
Trust		
Truth		
Vitality		
Walking the Talk		
Wisdom		