**Values Assessment**

Have you ever wandered in an unknown area (the woods, park, neighborhood, etc.) and felt completely lost? Not knowing what to do or where to go without your phone or at least a rudimentary map to get your bearings down? Exactly! That’s the feeling you get when you are not clear about your values.

Values are those principles that are important to us. They define what really matters and guide us through moments of uncertainty and ambiguity. When we are not clear on what are values are, we feel rudderless and take anything that comes our way, whether it’s beneficial or not.

Here’s a list of values to choose from, however, it’s not meant to be comprehensive.

What are the top 10 values that most resonate with you?

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| **Values** | **Rating from 1 to 5** |
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Rate them from 1 to 5 (lowest to highest) and reflect on them. Revisit this list frequently as you may update your top ten accordingly. These values can be applied to different areas such as your family, career development, finances, friendships, etc.

Acceptance  
Accomplishment  
Accountability  
Accuracy  
Adaptability  
Alertness  
Altruism  
Ambition  
Amusement  
Assertiveness  
Attentive  
Balance  
Beauty  
Boldness  
Bravery  
Brilliance  
[Calm](about:blank)  
Candor  
Certainty  
Challenge  
Charity  
Clear  
Clever  
Commitment  
Common sense  
[Communication](about:blank)  
Community  
Compassion  
Competence  
Concentration  
Connection  
Consistency  
Contentment  
Contribution  
Control  
Conviction  
Cooperation  
Courage  
Courtesy  
Credibility  
Curiosity  
Decisiveness  
Dedication  
Dependability  
Determination  
[Development](about:blank)  
Devotion  
Dignity  
Discipline  
Discovery  
Drive  
[Effectiveness](about:blank)  
Efficiency  
[Empathy](about:blank)  
Empower  
Endurance  
[Energy](about:blank)  
Enjoyment  
Enthusiasm  
Equality  
Ethical  
Excellence  
Experience

Exploration  
Expressive  
Fairness  
Family  
Famous  
Fearless  
Feelings  
Ferocious  
Fidelity  
Focus  
Foresight  
Fortitude  
Freedom  
Friendship  
Fun  
Generosity  
Genius  
Giving  
[Goodness](about:blank)  
Grace  
Gratitude  
Greatness  
Growth  
[Happiness](about:blank)  
Hard work  
Harmony  
Health  
Honesty  
Honor  
Hope  
Humility  
Humor  
[Imagination](about:blank)  
Improvement  
Independence  
Individuality  
Innovation  
Inquisitive  
Insightful  
Inspiring  
Integrity  
Intelligence  
Intuitive  
Joy  
Justice  
Kindness  
Knowledge  
[Leadership](about:blank)  
Learning  
Liberty  
Logic  
Love  
Loyalty  
[Mastery](about:blank)  
Maturity  
Meaning  
[Moderation](about:blank)  
[Motivation](about:blank)  
Openness  
Optimism  
Order  
Organization  
Originality  
Passion  
Patience  
Peace  
[Performance](about:blank)  
Persistence  
Playfulness  
Poise  
[Potential](about:blank)  
Power

Present  
Productivity  
Professionalism  
Prosperity  
Purpose  
Quality  
Realistic  
Reason  
Recognition  
Recreation  
Reflective  
Respect  
Responsibility  
Restraint  
Results-oriented  
Reverence  
Rigor  
Risk  
Satisfaction  
Security  
Self-reliance  
Selfless  
Sensitivity  
Serenity  
Service  
Sharing  
Significance  
Silence  
Simplicity  
Sincerity  
Skill  
Skillfulness  
Smart  
Solitude  
Spirit  
[Spirituality](about:blank)  
Spontaneous  
Stability  
Status  
Stewardship  
Strength  
Structure  
Success  
Support  
Surprise  
Sustainability  
Talent  
[Teamwork](about:blank)  
Temperance  
Thankful  
Thorough  
Thoughtful  
Timeliness  
Tolerance  
Toughness  
Traditional  
Tranquility  
Transparency  
Trust  
Trustworthy  
Truth  
Understanding  
Uniqueness  
Unity  
Valor  
Victory  
Vigor  
[Vision](about:blank)  
[Vitality](about:blank)  
[Wealth](about:blank)  
Welcoming