**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?

|  |  |
| --- | --- |
| **Values** | **Rating from 1 to 5** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

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
Candor
Certainty
Challenge
Charity
Clear
Clever
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Connection
Consistency
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courtesy
Credibility
Curiosity
Decisiveness
Dedication
Dependability
Determination
Development
Devotion
Dignity
Discipline
Discovery
Drive
Effectiveness
Efficiency
Empathy
Empower
Endurance
Energy
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
Grace
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Honesty
Honor
Hope
Humility
Humor
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitive
Insightful
Inspiring
Integrity
Intelligence
Intuitive
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Liberty
Logic
Love
Loyalty
Mastery
Maturity
Meaning
Moderation
Motivation
Openness
Optimism
Order
Organization
Originality
Passion
Patience
Peace
Performance
Persistence
Playfulness
Poise
Potential
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
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Talent
Teamwork
Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquility
Transparency
Trust
Trustworthy
Truth
Understanding
Uniqueness
Unity
Valor
Victory
Vigor
Vision
Vitality
Wealth
Welcoming