

Name

## CORE VALUES ASSESSMENT

Review the values below. (There are two blanks at the bottom to add your own). Select the checkbox next to all value words very important to you, including any you may have added. You can put as many checks as you like. These words will resonate with you as you look through the list. It will take you no longer than five minutes to complete.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Accomplishment         | <input type="checkbox"/> Flexibility     | <input type="checkbox"/> Professionalism      |
| <input type="checkbox"/> Absence of Pain        | <input type="checkbox"/> Freedom         | <input type="checkbox"/> Recognition          |
| <input type="checkbox"/> Abundance              | <input type="checkbox"/> Friendship      | <input type="checkbox"/> Respect              |
| <input type="checkbox"/> Achievement            | <input type="checkbox"/> Fulfillment     | <input type="checkbox"/> Romance              |
| <input type="checkbox"/> Adventure              | <input type="checkbox"/> Fun             | <input type="checkbox"/> Safety               |
| <input type="checkbox"/> Altruism               | <input type="checkbox"/> Holistic Living | <input type="checkbox"/> Security             |
| <input type="checkbox"/> Appearance/Beauty      | <input type="checkbox"/> Honesty         | <input type="checkbox"/> Self-Care            |
| <input type="checkbox"/> Autonomy               | <input type="checkbox"/> Humor           | <input type="checkbox"/> Self-Expression      |
| <input type="checkbox"/> Avoidance of Conflict  | <input type="checkbox"/> Integrity       | <input type="checkbox"/> Self-Mastery         |
| <input type="checkbox"/> Clarity                | <input type="checkbox"/> Intimacy        | <input type="checkbox"/> Self-Protection      |
| <input type="checkbox"/> Commitment             | <input type="checkbox"/> Joy             | <input type="checkbox"/> Self-Realization     |
| <input type="checkbox"/> Communication          | <input type="checkbox"/> Leadership      | <input type="checkbox"/> Sensuality           |
| <input type="checkbox"/> Community              | <input type="checkbox"/> Loyalty         | <input type="checkbox"/> Service              |
| <input type="checkbox"/> Connecting with Others | <input type="checkbox"/> Nature          | <input type="checkbox"/> Spirituality         |
| <input type="checkbox"/> Creativity             | <input type="checkbox"/> Openness        | <input type="checkbox"/> Trust                |
| <input type="checkbox"/> Emotional Health       | <input type="checkbox"/> Orderliness     | <input type="checkbox"/> Truth                |
| <input type="checkbox"/> Environment            | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Vitality             |
| <input type="checkbox"/> Excellence             | <input type="checkbox"/> Partnership     | <input type="checkbox"/> <input type="text"/> |
| <input type="checkbox"/> Family                 | <input type="checkbox"/> Power           | <input type="checkbox"/> <input type="text"/> |
| <input type="checkbox"/> Fame                   | <input type="checkbox"/> Privacy         |   |

Next, narrow your choices from the above list down to **your top eight core values** by typing the value words into the boxes provided below. Depending on how many you previously selected, this will take just a few minutes to complete.

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Finally, choose from the list of eight above your **top five core values** and enter them here.

**Core Value #1**

**Core Value #2**

**Core Value #3**

**Core Value #4**

**Core Value #5**