



## VALUES ASSESSMENT

*Values are the things we do that make us feel our best or that we find attractive in ourselves. They motivate us and make our activities more satisfying. Values define who we are and when we are in touch with our values it becomes easier to make choices and decisions. Use this assessment to help determine what values are most important to you at this time.*

1. From the list on the next page circle your top values. Circle up to 30...in the next steps we will reduce the number. Some of these values may seem very similar but each person may resonate differently with different terms. Remember to choose the values that are most important to you and in your life...not those which others may want in you.
2. Next, reduce your list to include half of what you circled in step 1.
3. Now that your list includes 15 values or less reduce that number to your top 10. You do not have to list them in any order.
4. The last step is to narrow your list to include your top 5 values. This does not have to be your top 5 values forever. They are your top values for today.

To explore these steps further, or for additional exploration into your values or any area of your life, contact [Nancy Paul](mailto:Nancy@LifeRelationshipCoach.com) today.



Abundance	Excitement	Love
Accountability	Fairness	Mastery
Achievement	Fame	Meaningful work
Advancement	Fast Pace	Money
Adventure	Flexibility	Nature
Abundance	Freedom	Order
Accountability	Friendship	Personal Development
Achievement	Fun	Physical Challenge
Advancement	Family	Power and Authority
Adventure	Growth	Privacy
Ambition	Health	Quality
Arts	Helping Others	Recognition
Balance	Honesty	Religion
Commitment	Humor	Responsibility
Community	Independence	Security
Compassion	Influencing others	Self-Respect
Competence	Inner Harmony	Serenity
Competition	Integrity	Status
Creative Expression	Intellectual stimulation	Time
Culture	Intimacy	Truth
Democracy	Intuition	Variety
Disciple	Job tranquility	Wisdom
Empathy	Joy	Work with others
Empowerment	Kindness	Working alone
Excellence	Leadership	Work/Life Balance

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