

Values Assessment

How to Use This Tool

*We don't move through the world without demonstrating our values.
It's worth knowing—really knowing—what yours are.*

What You'll Get from Completing This Assessment

- A clearer understanding of what actually matters to you
- Insight into where your actions align—or don't—with those values
- A practical way to make more intentional choices
- A stronger foundation for how you communicate, decide, and respond

This tool is intended for reflection, discussion, and personal insight. It is not a diagnostic instrument, psychological assessment, or validated measure of personality, behavior, or performance.

How It Works

1. Start with the list of values (see page 3)

Review the values in the first column.

2. Define each value in your own words

Not how someone else would define it—how *you* define it. Answer with the first thing that comes to mind—don't try to be perfect. As you define each value, pay attention to what you actually do at the start of an interaction: the time, money, and language you invest. Use the ratings as diagnostics (low = opportunity; high = strength).

A Quick Heads-Up

This takes longer than most people expect. Work through about 10 values at a time over a few days. You'll get better answers when you're not rushing.

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The Only Rule

No dictionaries.

What matters is how *you* understand each value—not how it’s formally defined. You live with your definition every day, whether you’ve named it or not.

Exception: If English is not your first language, feel free to use a dictionary for translation. Otherwise, trust your instincts.

3. Rate its importance (1–10)

- 1 = I don’t value this at all
- 10 = This value matters deeply to me

Rate each value on its own merit—not compared to others.

4. Rate your up-front effort for each value (1–10)

- 1 = I put no energy into this
- 10 = I consistently put time, money, and language into this value

If you don’t finish—that’s fine.

Use what you’ve completed. Even a partial assessment will give you useful insight.

This assessment helps you define what matters to you and notice where your actions align—or don’t.

*When your values are clear, your choices get easier—and
your communication gets cleaner.*

Values Assessment

Value	Definition <i>Your definition (Recall – no dictionaries)</i>	Value Rating 1-10 How important this value is to you	Action Rating 1-10 How much effort you put into representing this value
<i>Accomplishment</i>			
<i>Abundance</i>			
<i>Achievement</i>			
<i>Adventure</i>			
<i>Altruism</i>			
<i>Autonomy</i>			
<i>Beauty</i>			
<i>Clarity</i>			
<i>Commitment</i>			
<i>Communication</i>			
<i>Community</i>			
<i>Connecting to Others</i>			
<i>Creativity</i>			
<i>Emotional Health</i>			
<i>Environment</i>			
<i>Excellence</i>			
<i>Family</i>			
<i>Flexibility</i>			
<i>Freedom</i>			
<i>Friendship</i>			
<i>Fulfillment</i>			
<i>Fun</i>			
<i>Holistic Living</i>			
<i>Honesty</i>			
<i>Humor</i>			
<i>Integrity</i>			
<i>Intimacy</i>			

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Value	Definition <i>Your definition (Recall – no dictionaries)</i>	Value Rating 1-10 How important this value is to you	Action Rating 1-10 How much effort you put into representing this value
<i>Joy</i>			
<i>Leadership</i>			
<i>Loyalty</i>			
<i>Nature</i>			
<i>Openness</i>			
<i>Orderliness</i>			
<i>Personal Growth</i>			
<i>Partnership</i>			
<i>Physical Appearance</i>			
<i>Power</i>			
<i>Privacy</i>			
<i>Professionalism</i>			
<i>Recognition</i>			
<i>Respect</i>			
<i>Romance</i>			
<i>Security</i>			
<i>Self-Care</i>			
<i>Self-Expression</i>			
<i>Self-Mastery</i>			
<i>Self-Realization</i>			
<i>Sensuality</i>			
<i>Service</i>			
<i>Spirituality</i>			
<i>Trust</i>			
<i>Truth</i>			
<i>Vitality</i>			
<i>Walking the Talk</i>			