

WHAT ARE MY VALUES?

Values are the principles you hold to be of worth in your life. They are the essence of who you are. If we live a life in alignment with our values, we tend to be happier and more fulfilled. When we do not live according to our values, strife and frustration occur. To achieve our greatest happiness and authenticity, our core values must match our behaviors. Complete this assessment to realize your values and actions.

VALUES	IMPORTANCE WHICH 10 ARE MOST IMPORTANT? 1 = MOST IMPORTANT	BEHAVIOR WHICH 10 DO I LIVE BY? 1 = OFTEN DO / ACT / HONOR
Adventure		
Authenticity		
Autonomy/Independence		
Beauty/Aesthetics/Nature		
Collaboration		
Commitment		
Communication		
Contribution/Service		
Creativity		
Directness		
Family		
Freedom to Choose		
Friendships		
Gratitude/Appreciation		
Growth/Learning		
Health/Wellness/Fitness		
Honesty		
Humor		
Integrity		
Joy/Fun		
Kindness		
Knowledge		
Leadership		
Nurturing		
Optimism		
Orderliness		
Peace/Tranquility		
Personal Power/Self-Expression		
Professionalism		
Quality		
Recognition		
Resilience		
Romance/Intimacy/Sensuality		
Routines/Structure		
Security		
Spirituality/Religion		
Success/Achievement/Victory		
Traditionalism		
Trust		
Vitality/Zest		