

Know Thyself: *Self-Assessment*

Partial List of Potential Values

Highlight the values that resonate with you personally.

Abundance	Curiosity	Joy	Respect
Acceptance	Daring	Kindness	Responsibility
Accessibility	Decisiveness	Knowledge	Responsiveness
Accountability	Dedication	Leadership	Results
Achievement	Dependability	Learning	Risk Management
Adaptability	Determination	Love	Risk Taking
Advancement	Development	Loyalty	Safety
Adventure	Diversity	Making a Difference	Security
Advocacy	Efficiency	Meaningful work	Self-Control
Ambition	Empathy	Mindfulness	Self-improvement
Appreciation	Encouragement	Motivation	Selflessness
Attractiveness	Enthusiasm	Objectivity	Self-mastery
Authenticity	Environmentalism	Open-Mindedness	Service
Authority	Equality	Optimism	Simplicity
Autonomy	Ethics	Originality	Spirituality
Balance	Excellence	Ownership	Stability
Being the Best	Expressiveness	Participation	Stewardship
Benevolence	Failure	Passion	Success
Boldness	Fairness	Patience	Sustainability
Bravery	Flexibility	Peace	Teamwork
Brilliance	Freedom	Perfection	Tenacity
Calmness	Fun	Performance	Thankfulness
Candor	Generosity	Persistence	Thoughtfulness
Caring	Global responsibility	Personal	Time management
Challenge	Grace	Playfulness	Timeliness
Change	Greatness	Politeness	Tolerance
Charity	Growth	Popularity	Traditionalism
Cheerfulness	Happiness	Power	Transparency
Civility	Hard work	Preparedness	Trust
Clarity	Health	Proactive	Trustworthiness
Cleverness	Honesty	Proactivity	Understanding
Collaboration	Hope	Productivity	Uniqueness
Commitment	Humility	Professionalism	Urgency
Communication	Humor	Punctuality	Usefulness
Compassion	Impact	Quality	Versatility
Competition	Improvement	Quality of life	Vision
Complexity	Inclusiveness	Recognition	Warmth
Confidentiality	Ingenuity	Relationships	Wealth
Consistency	Innovation	Reliability	Wisdom
Contribution	Inspiration	Religious beliefs	Work ethic
Cooperation	Integrity	Reputation	Work-life balance
Creativity	Intelligence	Resilience	Zeal
Credibility	Intuition	Resourcefulness	

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Select your top 15 (or so) and use those to fill out the chart below. Add any you think are missing from the list above. (Skip columns 1 to 4 until you reach the next page.)

Value	What it means to me	1	2	3	4

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Core Values: Core values are personal ideals that guide you when making decisions, building relationships, and solving problems.

1. In boxes 1 to 4 on the previous page, mark your answer to these questions:
 1. Would I sacrifice this value for \$1 Million?
 2. Have I ever lost this value during a stressful time?
 3. Will this stop being valuable to me in 20 years?
 4. Would I stop holding this value if it became a competitive disadvantage?

2. If you answered “No” to all 4 questions, it is a core value.

List your core values here:

- 1.
- 2.
- 3.
- 4.
- 5.

3. Are you surprised by this list? Why or why not?

4. What impact do these core values have on your life? Relationships? Work?

5. How can suppressing your core values have a negative impact on your life?

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Learning Styles

- **Auditory** – I learn best through verbal presentations like lectures and speeches----- True False
- **Physical** – I learn best by physically doing and touching ----- True False
- **Visual** – I learn best through pictures and videos ----- True False
- **Verbal** – I learn best through reading, writing, and speaking ----- True False
- **Logical** – I love categorizing, patterns, connections, numbers, and equations ----- True False
- **Social** – I learn best by relating to and working with others ----- True False
- **Solitary** – I learn best through working alone ----- True False

1. What are your personal learning styles?

2. How does knowing that affect you?

3. Do those you teach or coach (coworkers, employees, children) have different learning styles from you? How can knowing that impact the way you teach?

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Personal Priorities

Rate your top 10 priorities. Note what that means to you and how you show that they are your priorities.

_____ Community _____

_____ Environment _____

_____ Family _____

_____ Friendships _____

_____ Leisure/Entertainment _____

_____ Mental Health and Wellness _____

_____ Parenting/Children _____

_____ Physical Health and Wellness _____

_____ Significant Other _____

_____ Spirituality/Faith Life _____

_____ Work/Professional Life _____

_____ Other _____

1. Is the amount of time you spend on your top priorities proportionate to the time you spend on things that aren't as important to you?

2. What adjustments can you make to better align your actions with what matters?

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1. Reviewing the list on the previous page, which are your predominant traits?

2. How are your personality traits helping you live out your values and priorities?

3. How are these traits negatively affecting your ability to live out your values and priorities?

4. What do you need to work on in order to better align your actions with your values and priorities?

5. What specific steps will you take to help you improve in these areas?

6. Talk with someone you trust that knows you well. Get their input on this list. What changes/additions would they make?

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Self-Assessment Summary

1. Describe the person you are today. What are your values, priorities, and personality traits? What do you like about yourself? What struggles do you have? How do you relate to others? How do others see you?

2. How will appreciating other individuals' values help you build better relationships?

3. How will understanding where another individual is coming from help you to achieve your own goals?

4. What commitments are you making today which will help you on your journey?
