

Values Assessment

Webinar: Values

Rate each value on a scale of 1 to 10 based on its importance in your life (1=not at all, 10=extremely).
Then rate each value based on how often you put it into action (1=never, 10=always).

Value	Value Rating (1-10)	Action Rating (1-10)
Accomplishment	<hr/>	<hr/>
Abundance	<hr/>	<hr/>
Achievement	<hr/>	<hr/>
Adventure	<hr/>	<hr/>
Altruism	<hr/>	<hr/>
Autonomy	<hr/>	<hr/>
Beauty	<hr/>	<hr/>
Clarity	<hr/>	<hr/>
Commitment	<hr/>	<hr/>
Communication	<hr/>	<hr/>
Community	<hr/>	<hr/>
Connecting to Others	<hr/>	<hr/>
Creativity	<hr/>	<hr/>
Emotional Health	<hr/>	<hr/>
Environment	<hr/>	<hr/>
Excellence	<hr/>	<hr/>
Family	<hr/>	<hr/>
Flexibility	<hr/>	<hr/>
Freedom	<hr/>	<hr/>
Friendship	<hr/>	<hr/>
Fulfillment	<hr/>	<hr/>
Fun	<hr/>	<hr/>
Holistic Living	<hr/>	<hr/>
Honesty	<hr/>	<hr/>
Humor	<hr/>	<hr/>

Value**Value Rating (1–10)****Action Rating (1–10)**

Integrity

Intimacy

Joy

Leadership

Loyalty

Nature

Openness

Orderliness

Personal Growth

Partnership

Physical Appearance

Power

Privacy

Professionalism

Recognition

Respect

Romance

Security

Self-Care

Self-Expression

Self-Mastery

Self-Realization

Sensuality

Service

Spirituality

Trust

Truth

Vitality

Walking the Talk