



Values Assessment

Please sort each of the following **Values** into the column that best describes you. Try not to think too long on any of the choices or you may find that everything is of value. Go with your first instinct for your choice.

Something
I Value
Greatly

Might be
a value
for me

Definitely
not a value
for me

Accountability:

I value being answerable for words or actions.

Achieving Goals:

I value ambition or working hard to execute a plan.

Appearance:

I value looking sharp.

Authenticity:

I value genuineness in myself and others.

Balance:

I value a stable or steady lifestyle.

Being Right:

I value being the person with the best answer.

Commitment:

I value dedication, faithfulness, or loyalty.

Control:



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Courage:

I value boldness, fearlessness, or valor.

Diversity

I value differences.

Enthusiasm

I value whole-heartedness or passion.

Excellence:

I value high quality and doing my best.

Faith:

I value a trust in God.

Family:

I value those I am related to.

Fitness:

I value being in good shape physically.

Flexibility:

I value willingness to adapt, or being able to “go with the flow.”

Friendships:

I value close relationships.



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	Something I Value Greatly	Might be a value for me	Definitely not a value for me
Fulfillment: <i>I value living in a way that makes me complete.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fun: <i>I value light-hearted pleasure or a sense of humor.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Generosity: <i>I value giving.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Graciousness: <i>I value showing kindness, courtesy, or compassion.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gratefulness: <i>I value thankfulness.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health: <i>I value taking care of myself physically , emotionally and spiritually .</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Independence: <i>I value autonomy, self-reliance or freedom</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrity: <i>I value honesty and good character.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kindness: <i>I value being sympathetic, gentle and benevolent.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Learning:

I value gaining knowledge or having new experiences.

Legacy:

I value making a difference that lasts beyond my life-time

Loyalty:

I value having a strong sense of commitment for what I believe in.

Peace:

I value harmony, serenity, calm, or quiet.

Perseverance:

I value working diligently even when it's difficult.

Planning:

I value to-do-lists or agendas.

Physical Challenges:

I value adventure and pushing myself to new levels.

Popularity

I value being liked by many people.

Purpose:

I value living intentionally.



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Reputation:

I value having a respected name; being well thought -of.

Resources:

I value money, possessions or wealth.

Safety:

I value being free from danger or risk.

Service:

I value investing my time in worthy causes.

Simplicity:

I value things that are straight forward, easy or natural.

Structure:

I value order, schedules, or systems.

Style:

I value a sense of design.

Teamwork:

I value working with others in harmony to achieve a goal.

Trustworthiness:

I value being dependable, principled, or responsible.



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Unity:

I value harmony or agreement.

Wisdom:

*I value common sense or seeing all of life from God's
point of view.*

Make a list here of all of values from the **“Value Greatly”** column only:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)