VALUES ASSESSMENT

Rate each value on a scale of 1 to 10 based on its importance in your life. Then rate each value on a scale of 1 to 10 based on how well you live each value or “walk the talk.”

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