

VALUES ASSESSMENT

Set a timer for 7 minutes. Read each value and definition to determine what are the top 5 values or behaviors most important to you. Mark them 1 to 5, 1 being the most important.

- ___ **Adventure** – enjoyment of and participation in exciting undertakings or enterprises
- ___ **Artistic Creativity** - Engage in creative artistic expression
- ___ **Authenticity** - the degree to which one is true to one's own personality, spirit, or character, despite external pressures
- ___ **Community** - To be deeply involved with a group that has a larger purpose beyond one's self. To perform in effective and caring teamwork.
- ___ **Contact** - Have a lot of day-to-day contact with the public
- ___ **Courage** - moral courage is the ability to act rightly in the face of popular opposition, uncertainty, or intimidation
- ___ **Creativity** - To be innovative. To create new and better ways of doing things
- ___ **Decisions** - Have the power to decide my own course of action
- ___ **Enjoyment** - To enjoy my work. To have fun doing it
- ___ **Enthusiasm** - strong excitement about something : a strong feeling of active interest in something that you like or enjoy
- ___ **Environmentalism** - any person who advocates or works to protect the air, water, animals, plants, and other natural resources from pollution or its effects.
- ___ **Excitement** - Experience a high degree of (or frequent) excitement
- ___ **Family** - To have quality time with family and place importance on that time
- ___ **Friendship** - To work and play with people I respect and enjoy and to be respected by them
- ___ **Happiness** – a state of contentment and joy regardless of life's circumstances
- ___ **Health** - To be physically, mentally, and spiritually fit.
- ___ **Independence** - To have freedom of thought and action. To be able to act in terms of my own time, schedules and priorities.
- ___ **Influence** - Be in a position to influence the attitudes or opinions of other people
- ___ **Integrity** - To live and work in compliance with my personal moral standards. To integrate my values into my everyday life.
- ___ **Knowledge** - Engage in the pursuit of knowledge and understanding
- ___ **Leadership** - To motivate and energize other people. To feel responsible for identifying and accomplishing needed group tasks.
- ___ **Location** - To be able to live and work where I want to live and work.
- ___ **Love** – a state of being, a feeling of strong or constant affection for a person and self
- ___ **Loyalty** - To be committed to the goals of a group of people who share my beliefs, values and ethical principles.

- ___ **Making a Difference** - Be directly included in helping other people, either individually or in small groups. Do something which contributes to improving the world we live in.
- ___ **Mastery** - To become a known and respected authority in what I do.
- ___ **Moral Fulfillment** - Feel that my work contributes to a set of moral standards which I feel are very important
- ___ **Peace** - a state of tranquility or quiet, freedom from disquieting thoughts or emotions
- ___ **Personal Accomplishment** - To achieve significant goals. To be involved in undertakings personally believed to be significant whether or not they bring recognition from others.
- ___ **Personal Development** - To learn and to do challenging work that will help me grow, that will allow me to utilize my best talents and mature as a human being.
- ___ **Power** - To have the authority to approve or disapprove proposed courses of action. To make assignments and control allocation of people and resources.
- ___ **Prestige** - To be seen by others as successful. To become well known. To obtain recognition and status in a chosen field.
- ___ **Recognition** - Be publicly recognized for the high quality of one's work and/or beliefs
- ___ **Risk-taking** - Have work duties or personal decisions which require frequent risk-taking
- ___ **Security** - To have a steady income that fully meets one's family's basic needs. Be assured of keeping a job and receiving satisfactory compensation, financial stability
- ___ **Stability** - Have a work routine and job duties that are largely predictable
- ___ **Success** - the fact of getting or achieving wealth, respect, or fame, the desired result of an intention
- ___ **Time Freedom** - Be able to work according to my own schedule
- ___ **Truth** – seeking the truth and what it means to you, regardless of conventional beliefs
- ___ **Wealth** -To earn a great deal of money (i.e., well beyond your family's basic needs). To be financially independent.
- ___ **Well-being** – a state characterized by health, happiness, and prosperity
- ___ **Wisdom** - To grow in understanding of oneself, one's personal calling and life's real purpose. To grow in knowledge and practice one's spiritual beliefs. To find lasting meaning in what you do.
- ___ **Work with Others** - Work as a team member toward common goals
- ___ **Work Alone** - Do projects by yourself, with limited contact with others