

Values Assessment

Directions: 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 on how well you live each value, or “Walk the talk.”

Value	Importance Rating 1 to 10	“Walk the Talk” Rating 1 to 10
Abundance	_____	_____
Achievement	_____	_____
Adventure	_____	_____
Aesthetics	_____	_____
Affiliation	_____	_____
Altruism	_____	_____
Autonomy	_____	_____
Clarity	_____	_____
Commitment	_____	_____
Communication	_____	_____
Community	_____	_____
Competition	_____	_____
Connecting to Others	_____	_____
Cooperation	_____	_____
Education	_____	_____
Environment	_____	_____
Excellence	_____	_____
Family	_____	_____
Flexibility	_____	_____
Freedom	_____	_____
Friendship	_____	_____
Fulfillment	_____	_____
Fun	_____	_____
Health	_____	_____
Honesty	_____	_____
Humor	_____	_____
Integrity	_____	_____
Independence	_____	_____
Influence	_____	_____
Intellectual Stimulation	_____	_____
Intimacy	_____	_____

Value	Importance Rating 1 to 10	“Walk the Talk” Rating 1 to 10
Joy	_____	_____
Leadership	_____	_____
Leisure	_____	_____
Loyalty	_____	_____
Nature	_____	_____
Openness	_____	_____
Orderliness	_____	_____
Partnership	_____	_____
Peace	_____	_____
Personal Growth	_____	_____
Physical Appearance	_____	_____
Power	_____	_____
Privacy	_____	_____
Professionalism	_____	_____
Recognition	_____	_____
Respect	_____	_____
Romance	_____	_____
Security	_____	_____
Self-Care	_____	_____
Self-Expression	_____	_____
Self-Realization	_____	_____
Sensuality	_____	_____
Service	_____	_____
Spirituality	_____	_____
Trust	_____	_____
Truth	_____	_____
Variety	_____	_____
Vitality	_____	_____
Wisdom	_____	_____