

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		
Accountability		
Achievement		
Adventure		
Aesthetics		
Affiliation		
Altruism		
Authenticity		
Autonomy		
Clarity		
Commitment		
Communication		
Community		
Competition		
Connecting to Others		
Cooperation		
Curiosity		
Education		
Environment		
Excellence		
Fairness		
Family		
Financial Stability		
Flexibility		
Freedom		
Friendship		
Fulfillment		
Fun		
Harmony		
Health		
Honesty		
Humor		

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