



Value's Assessment

Step 1: Highlight or circle the top 10 – 12 values you feel most important in driving your life or making personal decisions from the list below (or add anything that is missing for you).

Accomplishment	Financial Security	Participation
Abundance	Flexibility	Partnership
Accuracy	Focus	Peace
Achievement	Freedom	Performance
Acknowledgment	Free Spirit	Personal Growth
Action Oriented	Freedom to Choose	Personal Power
Adventure	Friendship	Pleasure
Aesthetics	Fulfillment	Popularity
Affection	Full Self Expression	Power
Altruism	Fun	Privacy
Appearance	Generosity	Productivity
Approval	Gratitude	Professionalism
Authenticity	Growth	Recognition
Authority	Happiness	Relationships
Autonomy	Harmony	Religion
Beauty	Health	Reputation
Career	Holistic Living	Respect
Clarity	Home	Risk-Taking
Collaboration	Honesty	Romance
Comfort	Humor	Security
Commitment	Independence	Self-Care
Communication	Integrity	Self-Expression
Community	Intimacy	Self-Mastery
Connecting to Others	Joy	Self-Realization
Comradeship	Knowledge Sharing	Sensuality
Connectedness	Lack of Pretense	Service
Contentment	Leadership	Solitude
Contribution	Leading	Spirituality
Control	Learning	Status
Creativity	Legacy	Success
Directness	Leisure	Teaching
Elegance	Lightness	To Be Known
Emotional Health	Love	Tradition
Empowerment	Loyalty	Trust
Environment	Making a Difference	Truth
Excellence	Meaning	Vitality
Expertise	Money	Walking the Talk
Exploration	Nature	Wisdom
Faith	Nurturing	Zest
Fame	Openness	
Family	Orderliness	



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Step 2: Prioritize the list of values identified in the previous step listing the most important values first:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Step 3: Lastly, review your value above. Now that you know your key values, how do you live each one of them? Are there values you struggle to honor in your daily living? If so, what's that like for you? Is there a value you'd like to more fully express but struggle to do so?

In working with me we can identify your vision for attaining a life that honors these key values. By incorporating your values into your goals and daily living you can have greater fulfillment AND guilt-free success.

**Are you ready to take the next step?
Contact me at 847-516-0190 to setup a get acquainted call so we can talk about how you can go about making your desired changes and lead a more fulfilling life by honoring your key values and linking those to your goals!**