

# QUESTIONS

Write down the questions being prompted, and use the space provided to answer them below.

1.

2.

# 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.”

<u>Value</u>	<u>Value Rating</u> <i>1 to 10</i>	<u>Action Rating</u> <i>1 to 10</i>
Accomplishment	_____	_____
Abundance	_____	_____
Achievement	_____	_____
Acknowledgment	_____	_____
Adventure	_____	_____
Aesthetics	_____	_____
Altruism	_____	_____
Authenticity	_____	_____
Autonomy	_____	_____
Beauty	_____	_____
Clarity	_____	_____
Collaboration	_____	_____
Commitment	_____	_____
Communication	_____	_____
Community	_____	_____
Comradeship	_____	_____
Connecting to Others	_____	_____
Contribution	_____	_____
Creativity	_____	_____
Directness	_____	_____
Elegance	_____	_____
Emotional Health	_____	_____
Empowerment	_____	_____
Environment	_____	_____
Excellence	_____	_____

Family

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Flexibility

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Focus

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Free Spirit

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Freedom

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Friendship

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Fulfillment

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Fun

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Growth

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Harmony

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Holistic Living

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Honesty

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Humor

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Independence

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Integrity

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Intimacy

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Joy

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Leadership

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Loyalty

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Nature

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Nurturing

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Openness

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Orderliness

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Participation

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Personal Growth

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Partnership

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Peace

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Performance

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Personal Power

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Physical Appearance

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Power

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Privacy

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Productivity

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Professionalism

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Recognition

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Respect

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Risk Taking

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Romance

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Security

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Self-Care

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Self-Expression

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Self-Mastery

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Self-Realization

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Sensuality

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Service

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Spirituality

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Tradition

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Trust

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Truth

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Vitality

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Walking the Talk

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Zest

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