

CORE VALUES ASSESSMENT

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and then I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

The top dozen qualities of the "ideal" man or woman:

Now take a look at your answers above. Do you notice any reoccurring themes? Taking what you've observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

Top 10 Values:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now, let's reduce it down to the half-dozen most important to you. Put a star by the values you're sure about. Then take the ones you feel are important but aren't sure if they're top-six material and put them in pairs. Think about two of those values side by side, and ask yourself which of the two is more important, eliminating the other. Keep pitting the survivors against each other until you're down to six. If some of the values you listed are just two words describing the same idea, combine them.

Top 6 Values:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Now prioritize your core values in order of importance, with the most important first. All are important, of course, but which are the most important? If you had to choose between two values, which would you fight for, or even die defending? Now which are your top three?

MY TOP 3 VALUES IN LIFE ARE:

- 1. _____
- 2. _____
- 3. _____

Memory Jogger of Values

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humor	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome orientation	Romance
Accuracy	Longevity	Delight	Family	Influence	Outstanding service	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Passion	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Peace	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Perceptiveness	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perseverance	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Persistence	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Personal growth	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Pleasure	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Poise	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Positive attitude	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Power	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Practicality	Stability
Assertiveness	Competence	Duty	Giving	Investing	Precision	Strength
Attentiveness	Competition	Eagerness	Going the extra mile	Joy	Preparedness	Style
Audacity	Concentration	Education	Goodness	Justice	Presence	Systemization
Awareness	Confidence	Effectiveness	Grace	Kindness	Preservation	Teamwork
Balance	Connection	Efficiency	Gratitude	Knowledge	Privacy	Timeliness
Beauty	Consciousness	Elation	Growth	Leadership	Proactivity	Tolerance
Belonging	Consistency	Elegance	Guidance	Learning	Progress	Tradition
Blissfulness	Contentment	Empathy	Happiness	Liberty	Prosperity	Tranquility
Boldness	Content over fluff	Encouragement	Harmony	Logic	Punctuality	Trust
Bravery	Continuity	Endurance	Hard work	Meaning	Quality	Truth
Brilliance	Continuous	Energy	Health	Merit	Quiet	Unity
Calm	Improvement	Enjoyment	Helpfulness	Mindfulness	Rationality	Variety
Candor	Contribution	Enthusiasm	Heroism	Modesty	Recognition	Well-being
Carefulness	Control	Equality	Holiness	Money	Relationships	Wisdom
Caring	Conviction	Excellence	Honesty	Motivation	Reliability	
Certainty	Convincing	Excitement	Honor	Nonviolence	Religion	
Challenge	Cooperation	Experience	Hopefulness	Openness	Resourcefulness	
Change	Courage	Expertise	Hospitality	Optimism	Respect	
Charity	Courtesy	Exploration				