

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