

Personal Values Worksheet



Efficiency	Effectiveness	Accountable	Fun
Courage	Growth	Change	Authority
Structure	Knowledge	Fairness	Loyalty
Urgency	Competence	Passion	Wisdom
Creativity/Innovation	Volunteerism/Service	Money/Wealth	Diversity/Inclusion
Love/Affection	Safety/Security	Open-Mindedness	Customer Satisfaction
Teamwork	Balance	Faith/Religion	Achievement
Perfection	Integrity	Status	Simplicity
Independence	Recognition	Quality	Honesty
Variety	Risk-taking	Fitness	Commitment
Sustainability	Freedom	Legacy	Discipline
Success	Autonomy	Beauty	Challenge
Communication	Competition	Curiosity	Decisiveness
Dependability	Power	Family	Empathy
Equality	Productivity	Friendship	Happiness
Harmony	Empowerment	Hope	Humor
Intelligence	Health	Flexibility	Patience
Trust	Respect	Truth	"Fill in a Blank"

Instructions:

Use this tool to identify your personal values and priorities.

1. Put a check mark to the left of the values that resonate with you.
2. Read the checked ones a second time and choose five that are the most important to you.
3. Number them (on the right) in order of the importance to you. Number 1 is the most important. These define your values. *At least, the ones that you **think** you value.*
4. Look at your calendar and at your credit card statement. Do they match up with your list?