

VALUES ASSESSMENT

Under the "value rating" column, rate each value on a scale of 1 (not important) to 10 (the most important) based on its importance in your life. Not how important other people think it is. Under the "action rating" column, rate each value on a scale of 1 to 10 based on how well you live each value out in your behaviors from day to day.

VALUE	VALUE RATING	ACTION RATING	VALUE	VALUE RATING	ACTION RATING
Abundance			Humor		
Accomplishment			Inclusivity		
Accountability			Individuality		
Achievement			Integrity		
Adventure			Intelligence		
Altruism			Intimacy		
Autonomy			Joy		
Beauty			Justice		
Clarity			Leadership		
Commitment			Love		
Communication			Loyalty		
Competition			Nature		
Confidence			Openness		
Connecting to Others			Orderliness		
Cooperation			Personal Growth		
Discipline			Partnership		
Diversity			Physical Appearance		
Efficiency			Positivity		
Emotional Health			Power		
Empathy			Privacy		
Environment			Professionalism		
Equality			Recognition		
Excellence			Religion		
Fairness			Respect		
Family			Restoration		
Flexibility			Romance		
Freedom			Security		
Friendship			Self-Actualization		
Fulfillment			Trust		
Fun			Truth		
Harmony			Walking the Talk		
Holistic Living			[fill in:]		
Honesty			[fill in:]		

Circle your top 5 values. Compare your values and action ratings. If there is a large disparity, this is a great opportunity to start prioritizing these values over others which you rated lower. The more you walk in alignment with these core values, the less internal conflict you will experience and the more aligned you will be with your true purpose.

NOTE: you are not abandoning other values; you are merely identifying and focusing on prioritizing your core values. Work with your teammates to identify how their strengths can make up for your weaker values and visa versa.