



## ***Personal Values Assessment.***

Values are the beliefs that define what is most important to you. They influence your choices in life. When you understand your values, it can help you understand what areas of your life might need more attention or what to prioritize in the future.

***This week pay attention to how your choices align with your values.***

Select the 10 most important items from the list. Rank them from 1-10 with "1" being the most important item.

- |               |                    |                  |
|---------------|--------------------|------------------|
| ___ Love      | ___ Freedom        | ___ Achievement  |
| ___ Wealth    | ___ Fun            | ___ Beauty       |
| ___ Family    | ___ Recognition    | ___ Spirituality |
| ___ Morals    | ___ Nature         | ___ Respect      |
| ___ Success   | ___ Popularity     | ___ Peace        |
| ___ Knowledge | ___ Responsibility | ___ Stability    |
| ___ Power     | ___ Honesty        | ___ Wisdom       |
| ___ Free Time | ___ Humor          | ___ Fairness     |
| ___ Adventure | ___ Loyalty        | ___ Creativity   |
| ___ Variety   | ___ Reason         | ___ Relaxation   |
| ___ Calmness  | ___ Independence   | ___ Safety       |
| ___ _____     | ___ _____          | ___ _____        |