



Your Values Assessment

Welcome to this reflective exercise that helps you get clear on the values that are most important to you. This exercise contains copyrighted content belonging to iPEC and used with permission. By defining your core values, it will help you articulate what drives and motivates you personally. From there, you may identify what might need to be adjusted to bring various aspects of your life into more complete alignment with your values.

Review the list of values below and select your top 10 values. Make sure your list includes values that are really important to you and are relevant to your life today (conscious values), not someone else's values, or values from the past that no longer define who you are.

Review the following list of values, and select the top 10 that are most important to you now. (OPTIONAL)

- Abundance
- Accomplishment
- Achievement
- Adventure
- Ambition
- Beauty
- Caring
- Commitment
- Community involvement
- Compassion
- Competence
- Courage
- Creativity
- Efficiency
- Enthusiasm/positive attitude
- Entrepreneurship and innovation
- Environmental awareness
- Ethics
- Excellence
- Fairness
- Family
- Flexibility

- Freedom
- Friendship
- Fun
- Fulfillment
- Generosity
- Growth
- Health
- Helping others
- Honesty
- Humor
- Independence
- Influence
- Integrity
- Intellectual stimulation
- Intimacy
- Joy
- Kindness
- Leadership
- Learning
- Leisure
- Love
- Loyalty
- Making a difference
- Open mindedness
- Patience
- Peace
- Perseverance
- Power
- Prestige
- Recognition
- Respect
- Risk-taking
- Romance
- Security and safety
- Self-expression
- Self-improvement
- Sensuality and sexual expression
- Spirituality
- Teamwork
- Travel

- Trust
- Variety
- Wealth
- Well-being
- Wisdom
- Work-life balance

Now looking at the values you selected above, reflect on the following:

Which of these values are being honored in your relationship and life right now? How so? (OPTIONAL)

Which of your values are NOT being honored in your relationship and life right now? (OPTIONAL)

Think back to a time when you felt truly fulfilled. How were you "walking the talk" of your values? (OPTIONAL)