



YOUR PERSONAL VALUES

“Considerable personal internal conflict and life issues arise in our lives and businesses when we are consciously or subconsciously living outside our important personal values and belief systems.” – Peter Ashworth, Life Coach

Your personal values are your true north, your compass, for guiding you in your thinking, and your decision-making. These values enable you to live with purpose, and are the basis on how you think, and how you act. We often lose sight of these through the complexity of our daily lives. Every decision you make, factors these in your daily decisions and choices, typically at a subconscious level. These values are both what motivate you, and are “what make you tick. Many people think that values are ethics or morals; they’re not. Values are what is important to us, They are what we truly ‘value’, and what gives us purpose.

When you are having challenges in achieving success, or feel unhappy at your core, you are often living outside your personal values – but may not consciously realize or understand this.

Your values are unique to you, and everyone has their own personal values. Your values apply to every element of your life, at home, at work, or out with friends or family. Think of your life as a tree. Your values are the roots that keep you grounded in what's important to allow all other elements to flourish optimally. Knowing your values helps you understand what drives you – what you enjoy, what you want, your innate purpose for living, and which direction you want to go (partner, friends, career, interests and hobbies, geographic area, which sports team, who you vote for, and thousands of other life issues).

Our values change over time and deepen as we better understand the universe, our life, and who we are.

Knowing your top 5 values, and understanding how to stay true to yourself is critically important to understanding who you are, and in determining your life's purpose – why you are here, and how you can feel best about your role/place.

There are two types of values; (1) Fear-based, and (2) Conscious-based values. Fear-based values are the values that cause you to take action to avoid something. They are “have-tos,” and when you think of them, they are usually followed by “or else.” Conscious-based values allow you to take positive action. They are the “want-tos.” It is important to determine if you are choosing from passion or fear, or consciously or not.

On the next page you will find many options to help you determine your true values to live your own authentic life. Print this sheet, do the exercise, but **pick only your top 5 values, write them down and memorize these**, and put these front and center as considerations for all your important life decisions and daily life.

YOUR PERSONAL VALUES ASSESSMENT



Rate each of the values in column 1. below on a scale of 1-5 [5 being greatest] based on its importance in your life.

Then rate each value in column 2. on a 1-5 scale based on how well you live each value. Then note in column 3. the top 5 most important values from Column 1 to you, according to your ratings.

| | 1. VALUE RATING (1-5) | 2. ACTION RATING (1-5) | 3. TOP 5 RATING |
|----------------------|--------------------------|---------------------------|--------------------|
| Accomplishment | _____ | _____ | _____ |
| Abundance | _____ | _____ | _____ |
| Achievement | _____ | _____ | _____ |
| Adventure | _____ | _____ | _____ |
| Altruism | _____ | _____ | _____ |
| Authenticity | _____ | _____ | _____ |
| Autonomy | _____ | _____ | _____ |
| Beauty | _____ | _____ | _____ |
| Change the World | _____ | _____ | _____ |
| Clarity | _____ | _____ | _____ |
| Commitment | _____ | _____ | _____ |
| Communication | _____ | _____ | _____ |
| Community | _____ | _____ | _____ |
| Connecting to Others | _____ | _____ | _____ |
| Creativity | _____ | _____ | _____ |
| Emotional Health | _____ | _____ | _____ |
| Environment | _____ | _____ | _____ |
| Excellence | _____ | _____ | _____ |
| Faith-Spirituality | _____ | _____ | _____ |
| Family | _____ | _____ | _____ |
| Flexibility | _____ | _____ | _____ |
| Freedom | _____ | _____ | _____ |
| Friendship | _____ | _____ | _____ |
| Fulfilment | _____ | _____ | _____ |
| Fun | _____ | _____ | _____ |
| Helping Others | _____ | _____ | _____ |
| Holistic Living | _____ | _____ | _____ |
| Honesty | _____ | _____ | _____ |
| Humor | _____ | _____ | _____ |
| Integrity | _____ | _____ | _____ |
| Intimacy | _____ | _____ | _____ |

| | 1. VALUE RATING (1-5) | 2. ACTION RATING (1-5) | 3. TOP 5 RATING |
|---------------------|--------------------------|---------------------------|--------------------|
| Joy | _____ | _____ | _____ |
| Leadership | _____ | _____ | _____ |
| Loyalty | _____ | _____ | _____ |
| Love | _____ | _____ | _____ |
| Nature | _____ | _____ | _____ |
| Openness | _____ | _____ | _____ |
| Orderliness | _____ | _____ | _____ |
| Personal Growth | _____ | _____ | _____ |
| Partnership | _____ | _____ | _____ |
| Physical Appearance | _____ | _____ | _____ |
| Power | _____ | _____ | _____ |
| Privacy | _____ | _____ | _____ |
| Professionalism | _____ | _____ | _____ |
| Recognition | _____ | _____ | _____ |
| Respect | _____ | _____ | _____ |
| Romance | _____ | _____ | _____ |
| Security | _____ | _____ | _____ |
| Self-Care | _____ | _____ | _____ |
| Self-Expression | _____ | _____ | _____ |
| Self-Improvement | _____ | _____ | _____ |
| Self-Mastery | _____ | _____ | _____ |
| Self-Realization | _____ | _____ | _____ |
| Sensuality | _____ | _____ | _____ |
| Service | _____ | _____ | _____ |
| Servant Leadership | _____ | _____ | _____ |
| Trust | _____ | _____ | _____ |
| Truth | _____ | _____ | _____ |
| Vitality | _____ | _____ | _____ |
| Walking the Talk | _____ | _____ | _____ |
| [Add] | _____ | _____ | _____ |
| [Add] | _____ | _____ | _____ |