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**Values Assessment**

**Welcome!**

**The purpose of the following exercise is to begin exploring your values, so we can begin to narrow in on effective goals. For each of the following primary values, put a rating in the box to the left from 1-5 (with 1 being very important, and 5 being not so important). We will come back to the right-hand boxes– don’t worry about them for now!**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Rating** | **Primary Value** | **Related Aspects** | **Y/N** | **Time** | **Order** |
|  | Financial Security | * Enough money to cover essentials
* Extra for special events, holidays
* Owning assets
* Providing for your family/children
 |  |  |  |
|  | Physical Security | * Living in a comfortable home
* Living in a safe area
* Having comforts in the home
 |  |  |  |
|  | Family Needs | * A sense of belonging
* Sharing time with extended and immediate family
 |  |  |  |
|  | Social Needs | * Close personal friendships
* Time to relax with friends
* A sense of belonging outside of family
* Day to day contact with people
 |  |  |  |
|  | Professional Needs | * Pursuing a satisfying career
* Being recognised for your work and expertise
* Time to develop and utilise your personal skills
* Feeling appropriately rewarded at work
* Being challenged and having variety in your work
* High pressure work, work that is judged by others
* Being part of a professional team achieving goals
 |  |  |  |
|  | Community | * Being involved in the community
 |  |  |  |
|  | Honesty | * Saying what you think and feel, being truthful and sincere
 |  |  |  |
|  | Integrity/Authenticity | * When actions and words match
* Living your life in a genuine and authentic way
* Behaving honourably
 |  |  |  |
|  | Trustworthiness | * Having people know they can depend on you
 |  |  |  |
|  | Competence | * Feeling and being seen as competent and capable
 |  |  |  |
|  | Creativity | * Having new and novel ideas
 |  |  |  |
|  | Accuracy | * Ensuring things are correct
 |  |  |  |
|  | Love and Caring | * Having others know (or feel) your concern for them
 |  |  |  |
|  | Kindness | * Being considerate or helpful; gentle
 |  |  |  |
|  | Being Goal Orientated | * Being a mover and shaker, making things happen
 |  |  |  |
|  | Being Happy | * Feeling good about your life and how you spend your time
 |  |  |  |
|  | Independence and Freedom | * Being autonomous and accountable individually
 |  |  |  |
|  | Rapport with Others | * Having an ease with many types of people
 |  |  |  |
|  | Fairness | * Free from bias, dishonesty, or injustice
 |  |  |  |
|  | Being Charitable | * Being generous in meeting others’ needs; lenient in judging others
 |  |  |  |
|  | Patience | * Calm and uncomplaining perseverance
 |  |  |  |
|  | Tolerance | * Being fair and patient with difference
 |  |  |  |
|  | Knowledge | * Learning new things
* Curiosity and interest in the world
 |  |  |  |
|  | Humour & Playfulness | * Laughing and Teasing
* Bringing smiles to others’ faces
 |  |  |  |
|  | Bravery and Valour | * Speaking up for what is right even in the face of others’ opposition
* Acting on convictions
 |  |  |  |
|  | Leadership | * Influencing the work activities or (partial) destiny of others
* Organising activities and making sure they happen
* Encouraging a group to get things done
 |  |  |  |
|  | Spirituality | * Your beliefs shape your actions and are a comfort to you
* You know where you fit in the larger scheme of things
 |  |  |  |
|  | Optimism | * Expecting the best in the future
* Believing the future is something you can control
 |  |  |  |
|  | Fairness | * Treating all people fairly
* Giving everyone a chance
 |  |  |  |
|  | Diligence | * Finishing what you start
* Taking satisfaction from completing tasks
 |  |  |  |
|  | Loyalty | * Being a loyal dedicated team member, friend, partner, etc
 |  |  |  |
|  | Forgiveness | * Forgiving those who have done you wrong
* Giving second chances
 |  |  |  |
|  | Modesty/Humility | * Letting your accomplishments speak for themselves
 |  |  |  |

**Fantastic!**

**Now that you have numbered all the left-hand boxes, we are turning to the present.**

**For each of the values, in the 4th column, labelled ‘Y/N’, simply write if you are happy at this present time with where you are at with each value (‘Y’ meaning that yes, you are happy with what you are doing/feeling in relation to that value, and ‘N’ meaning that you would like to improve that area of your life).**

**Done?**

**Right – now comes the timing question.**

**For each of the ‘No’ answers, in the 5th column, state how soon you would like to change this particular value.**

**I = Immediately**

**6 = within 6 months**

**12 = within 12 months**

**5y = within 5 years**

**10y= within 10 years.**

**…….and finally: In the far-right column, taking in all that you have written previously, order ALL of the values, starting at 1 as the most important, and reaching 33 for the final one.**

**Now, in the page overleaf or in a notebook of your own, write down your top 6 values.**

**On the page following that, write a goal for each value – or as many goals as you need!**

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**My top six values**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

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**My top six goals**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**