



Personal Values Worksheet

First, check each item that you value personally. Then, select your top 10 personal values by underlining them. Finally, circle the five values most important to you.

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| <input type="checkbox"/> Accountability (answerable for actions, reliable) | <input type="checkbox"/> Inner harmony (being at peace, tranquility) |
| <input type="checkbox"/> Achievement (attaining goals, fulfillment) | <input type="checkbox"/> Integrity (honesty, sincerity, walking the talk) |
| <input type="checkbox"/> Advancement (progress, promotion) | <input type="checkbox"/> Involvement (active participation in common goal) |
| <input type="checkbox"/> Adventure (new experiences, challenges, risks) | <input type="checkbox"/> Knowledge (intelligence, observation) |
| <input type="checkbox"/> Balance (managing all tasks well) | <input type="checkbox"/> Learning (wisdom, active scholarship) |
| <input type="checkbox"/> Belonging (association, fellowship, relationships) | <input type="checkbox"/> Loyalty (allegiance, patriotism) |
| <input type="checkbox"/> Change (variety, new challenge) | <input type="checkbox"/> Money (wealth, salary) |
| <input type="checkbox"/> Community (association, similar interests, support) | <input type="checkbox"/> Order (organized, structure, systematic) |
| <input type="checkbox"/> Compassion (empathy, consideration) | <input type="checkbox"/> Peace (harmony, calmness, serenity) |
| <input type="checkbox"/> Competitiveness (to be the best, viability) | <input type="checkbox"/> Personal development (individual growth) |
| <input type="checkbox"/> Confidence (trust, self-belief) | <input type="checkbox"/> Pleasure (fun, enjoyment, satisfaction) |
| <input type="checkbox"/> Cooperation (teamwork, collaboration, mutual aid) | <input type="checkbox"/> Power (importance, authority, influence) |
| <input type="checkbox"/> Creativity (new ideas, vision, imagination) | <input type="checkbox"/> Purpose (mission, ambition, goals) |
| <input type="checkbox"/> Decisiveness (steadfast, determined, focused) | <input type="checkbox"/> Recognition (acknowledgement, discovery) |
| <input type="checkbox"/> Democracy (freedom, independence, social equality) | <input type="checkbox"/> Respect (honor, reverence) |
| <input type="checkbox"/> Diversity (value differences, different perspectives) | <input type="checkbox"/> Responsibility (maturity, follow-through) |
| <input type="checkbox"/> Efficacy (effectiveness, high value, worth) | <input type="checkbox"/> Security (safety, protection) |
| <input type="checkbox"/> Efficiency (competence, accuracy, good use of time) | <input type="checkbox"/> Self-awareness (understanding, clarity of thought) |
| <input type="checkbox"/> Ethical practice (fair, principled, honorable) | <input type="checkbox"/> Self-actualization (desire for fulfillment, be the best you can be) |
| <input type="checkbox"/> Fairness (equity, honesty, impartiality) | <input type="checkbox"/> Service (assistance, charity, relevance, civic responsibility) |
| <input type="checkbox"/> Fame (renowned, distinction) | <input type="checkbox"/> Social awareness (experience, mindfulness, unselfish) |
| <input type="checkbox"/> Family happiness (close relationships, get along) | <input type="checkbox"/> Spirituality (devotional, faith) |
| <input type="checkbox"/> Flexibility (adaptability, resilience) | <input type="checkbox"/> Tolerance (kindness, open-mindedness, acceptance) |
| <input type="checkbox"/> Friendship (close relationships with others, fellowship) | <input type="checkbox"/> Tradition (belief, custom, practice, ritual) |
| <input type="checkbox"/> Health (physical and mental well-being) | <input type="checkbox"/> Trust (belief in other, assurance, conviction) |
| <input type="checkbox"/> Helpfulness (supporting others, improving community) | <input type="checkbox"/> Vision (foresight, ideal, conceptual) |
| <input type="checkbox"/> Honesty (integrity, candor, openness) | |
| <input type="checkbox"/> Inclusiveness (involving others) | |
| <input type="checkbox"/> Independence (self-sufficient) | |