



VALUES ASSESSMENT

Rate each value on a scale of 1 to 10 based on its importance in your life. Then rate each value on a scale of 1 to 10 based on how well you live each value “walk the talk.” You will not be judged on your responses so please be honest with yourself in order to achieve the most from this assessment.

<u>Value</u>	<u>Value Rating</u> <u>1 to 10</u>	<u>Action Rating</u> <u>1 to 10</u>
<u>Accomplishment</u>	_____	_____
<u>Abundance</u>	_____	_____
<u>Achievement</u>	_____	_____
<u>Adventure</u>	_____	_____
<u>Altruism</u>	_____	_____
<u>Autonomy</u>	_____	_____
<u>Beauty</u>	_____	_____
<u>Clarity</u>	_____	_____
<u>Commitment</u>	_____	_____
<u>Communication</u>	_____	_____
<u>Community</u>	_____	_____
<u>Connecting to Others</u>	_____	_____
<u>Creativity</u>	_____	_____
<u>Emotional Health</u>	_____	_____
<u>Environment</u>	_____	_____
<u>Excellence</u>	_____	_____
<u>Family</u>	_____	_____
<u>Flexibility</u>	_____	_____
<u>Freedom</u>	_____	_____
<u>Friendship</u>	_____	_____
<u>Fulfillment</u>	_____	_____
<u>Fun</u>	_____	_____
<u>Holistic Living</u>	_____	_____
<u>Honesty</u>	_____	_____
<u>Humor</u>	_____	_____
<u>Integrity</u>	_____	_____
<u>Intimacy</u>	_____	_____
<u>Joy</u>	_____	_____
<u>Leadership</u>	_____	_____
<u>Loyalty</u>	_____	_____
<u>Nature</u>	_____	_____
<u>Openness</u>	_____	_____
<u>Orderliness</u>	_____	_____
<u>Personal Growth</u>	_____	_____
<u>Partnership</u>	_____	_____
<u>Physical Appearance</u>	_____	_____



Employee Involvement Systems

<u>Power</u>	_____	_____
<u>Privacy</u>	_____	_____
<u>Professionalism</u>	_____	_____
<u>Recognition</u>	_____	_____
<u>Respect</u>	_____	_____
<u>Romance</u>	_____	_____
<u>Security</u>	_____	_____
<u>Self-Care</u>	_____	_____
<u>Self-Expression</u>	_____	_____
<u>Self-Mastery</u>	_____	_____
<u>Self-Realization</u>	_____	_____
<u>Sensuality</u>	_____	_____
<u>Service</u>	_____	_____
<u>Spirituality</u>	_____	_____
<u>Trust</u>	_____	_____
<u>Truth</u>	_____	_____
<u>Vitality</u>	_____	_____
<u>Walking the Talk</u>	_____	_____

During our coaching process, you will use this document many times to determine how well you live your values each day. Living our values each day allows us to be “authentic” in all we do. Those around us judge us based on how they view our authenticity which makes it important for our interpersonal relationships.

More importantly, our authenticity allows each of us to judge ourselves. Are we who we think we are? Are we doing what we think we should be doing? Self confidence is linked to our performance and ultimately to the results we achieve.

**FOR MORE INFORMATION, CALL EMPLOYEE
INVOLVEMENT SYSTEMS AT 888-946-5390.**