



Mother Jai's Wellness
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VALUES ASSESSMENT WORKSHEET

Assessing personal values can assist in determining and accomplishing personal goals. Taking time to identify personal values allows for discovery of what is important on a personal level. Rate the listed values according to importance to you. 1=low, 5=high

VALUES	CIRCLE ONE	VALUES	CIRCLE ONE
Family	1 2 3 4 5	Work Ethic	1 2 3 4 5
Generosity	1 2 3 4 5	Dependability	1 2 3 4 5
Life Purpose	1 2 3 4 5	Honesty	1 2 3 4 5
Career	1 2 3 4 5	Punctuality	1 2 3 4 5
Being organized	1 2 3 4 5	Flexibility	1 2 3 4 5
Spirituality	1 2 3 4 5	Belonging	1 2 3 4 5
Hobbies	1 2 3 4 5	Communication	1 2 3 4 5
Leisure time	1 2 3 4 5	Gaining wealth, financial security	1 2 3 4 5
Loyalty	1 2 3 4 5	Strong, healthy relationships	1 2 3 4 5
Religion	1 2 3 4 5	Spending time alone	1 2 3 4 5
Health	1 2 3 4 5	Having free time to relax	1 2 3 4 5
Forgiveness	1 2 3 4 5	Having challenges to face	1 2 3 4 5
Integrity	1 2 3 4 5	Feeling happy and having fun	1 2 3 4 5
Independence	1 2 3 4 5	Being adventurous, trying new things	1 2 3 4 5
Success	1 2 3 4 5	Spiritual connection, fulfillment	1 2 3 4 5
Adaptability	1 2 3 4 5	Feeling safe and secure	1 2 3 4 5
Kindness	1 2 3 4 5	Having recognition or fame	1 2 3 4 5
Safety	1 2 3 4 5	Having respect for others	1 2 3 4 5

Leadership	1 2 3 4 5	Having responsibility	1 2 3 4 5
Financial Security	1 2 3 4 5	Sense of personal accomplishment	1 2 3 4 5
Community	1 2 3 4 5	Enjoying time with my family	1 2 3 4 5
Sports	1 2 3 4 5	Building close friendships	1 2 3 4 5
Animal Welfare	1 2 3 4 5	Helping or serving others, giving back	1 2 3 4 5
Having a Positive Attitude	1 2 3 4 5	Leaving the world as a better place	1 2 3 4 5
Personal Development	1 2 3 4 5	Learning more, gaining knowledge	1 2 3 4 5
Family Traditions	1 2 3 4 5	Personal fitness and good health	1 2 3 4 5
Intellect	1 2 3 4 5	Personal accountability, responsibility	1 2 3 4 5
Reliability	1 2 3 4 5	Making my own decisions	1 2 3 4 5
Social Justice	1 2 3 4 5	Having a stable lifestyle	1 2 3 4 5
Freedom	1 2 3 4 5	Performing with excellence	1 2 3 4 5
Fitness Level	1 2 3 4 5	Having discipline and order in life	1 2 3 4 5
Authenticity	1 2 3 4 5	Having integrity, conscience	1 2 3 4 5
Self-Growth	1 2 3 4 5	Having someone to rely on	1 2 3 4 5
Wealth	1 2 3 4 5	Expressing your individuality	1 2 3 4 5
Creativity	1 2 3 4 5	Being spontaneous and flexible	1 2 3 4 5
Being Kind	1 2 3 4 5	Being generous	1 2 3 4 5
Being optimistic	1 2 3 4 5	Having Peace	1 2 3 4 5
Creating quality work	1 2 3 4 5	Being patient	1 2 3 4 5

List any other values that are important to you.

Prioritize your 10 most important values, 1 being most important.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**What are the most important principles that you base your daily choices on?
Why?**

Which, of the values listed, do you spend more time on?

Are your goals aligned with your values? Why/Why not?

What can you change in your life to align more with your personal values?

Who are the people you need to be around that have similar values and goals?

Evaluating Your Personal Values: answer honestly for best analysis

What kind of relationships do you want with your family?

What kind of brother/sister/mother/father/aunt/uncle/niece/nephew do you want to be?

How do you want to be in those relationships?

What kind of spouse/partner do you want to be?

What kind of relationship do you want to be a part of?

What sort of parent do you want to be?

What qualities do you want your children to see in you?

What type of friend do you want to be?

What kind of social life matters to you?

How would you like to act towards friends and co-workers?

What kind of work is valuable or matters to you?

What qualities do you want to bring as an employee?

How would you like to grow as a person?

What matters or is important to you about education and learning?

What relaxes you?

When are you the most playful?

What kind of relationship do you want with God/Nature/Earth?

What kind of environment do you want to be a part of?

What kind of citizen do you want to be?

How do you want to contribute to your community?

How important is your physical health?

How important is your physical appearance?

How do you want to look after yourself?
