

INDIVIDUAL VALUES ASSESSMENT

Values make us who we are at our core, and key indicators of our behaviors and the choices we make. Societal pressures have resulted in many people living in accordance to fear-based values, which, are grounded with catabolic energy and give us that "icky" feeling in our gut.

Core values allow us to resonate with high levels of anabolic energy and achieve higher levels of success. Core values allow you to truly shine, feel a release of pressure, and can help you feel confidently grounded when making a decision.

Using the below list, circle the five (5) values that are most important to you, at your core.

When selecting, consider the following questions:

- Does this define me?
- Would I feel a sense of relief if I embodied this value?
- Is this who I am when I am at my best?
- Is this a filter I use to make hard decisions?

Common list of values

Abundance	Connection	Fun	Loyalty	Respect
Accomplishment	Contribution	Generosity	Nature	Responsibility
Accountability	Creativity	Gratitude	Openness	Safety & Security
Achievement	Curiosity	Happiness	Optimism	Self-care
Adventure	Determination	Holistic Living	Orderliness	Self-expression
Amazement	Emotional Health	Honesty	Partnership	Self-mastery
Authenticity	Empathy	Humor	Peace	Self-respect
Authority	Engagement	Influence	Personal Growth	Sensuality
Autonomy	Environment	Ingenuity	Pleasure	Service
Awareness	Ethical standards	Inner Harmony	Popularity	Sincerity
Balance	Excellence	Innovation	Power	Speed
Beauty	Experience	Integrity	Predictability	Spirituality
Certainty	Fairness	Intentionality	Privacy	Stability
Challenge	Faith	Intimacy	Professionalism	Status
Clarity	Fame	Joy	Professional Growth	Style
Commitment	Family	Justice	Purpose	Success
Communication	Flexibility	Kindness	Recognition	Uniqueness
Community	Freedom	Leadership	Religion	Vision
Compassion	Friendship	Learning	Reputation	Wealth
Competition	Fulfillment	Love	Resilience	Wisdom