

Rate each value on a scale of 1 to 10 based on its importance in your life (1=not at all, 10=extremely). Then rate each value based on how often you put it into action (1=never, 10=always).

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

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