

Self-Assessment—Clarify: Identifying your values.

The purpose of this five-part self-assessment is to uncover your core personal values.

Directions:

1. In **Column A** in the tables that follow, write the number that best expresses how satisfied you are with the degree or presence of each value in your life. Write the number next to the value, where: **0 = not at all satisfied; 1 = slightly satisfied; 2 = somewhat satisfied; 3 = moderately satisfied; 4 = considerably satisfied; and 5 = extremely satisfied.** (For example, if Creativity is a value you would like to emphasize much more in your life, you might put 1 or 2 to indicate that you are only slightly or somewhat satisfied.)

2. Next, in **Column B**, for each value identify how concerned you would feel if that value were significantly reduced in your life, where: **0 = not at all concerned; 1 = slightly concerned; 2 = somewhat concerned; 3 = moderately concerned; 4 = considerably concerned; 5 = extremely concerned.** (For example, if you love beautiful things in your house and their presence were to be significantly reduced in your life, you might rate Aesthetics a 5, extremely concerned.)

3. **Column C** is where you determine how much happier you would feel, for each value, if it were significantly increased in your life, by ranking your feelings: **0 = feeling indifferent; 1 = slightly more happy; 2 = somewhat happier; 3 = moderately happier; 4 = considerably happier; or 5 = happier by an extreme amount.** (An example might be that you have little interest in ramping up Adventure in your life, so 0 would indicate that you would be indifferent to having that value increased.)

4. Now, add the numbers in Columns B and C together and place the sum in **Column D.** (Don't do anything with Column A for now.) This score reflects the relative importance of each personal value to you.

5. Circle the five or six personal values that have the highest score in Column D.

Don't see a value important to you? Add it at the bottom. And don't be limited by our descriptors in parentheses.

Personal Values	A	B	C	D
CREATIVITY (imagination, invention, originality)				
PERSONAL GROWTH (self-knowledge, use of potential)				
COMPETENCY (achieving mastery)				

Personal Values	A	B	C	D
FAMILY HAPPINESS (good relations with family members)				
INTIMACY (closeness and trust in relationships)				
ECONOMIC SECURITY (personal financial security)				
ADVENTURE (challenge, risk taking, exploration, thrills)				
INDEPENDENCE (self-sufficiency)				
PLEASURE (having fun, sensuality, recreation)				
ORDER (structure, predictability, organized environment)				
COMMUNICATION (expression and listening)				
HUMOR (playfulness, lightheartedness, wit, cleverness)				
POWER (authority, influence, leading)				
INTEGRITY (honesty, courage of convictions, being responsible)				
SERVICE (helping others, advocating, educating)				
SOCIAL ACTIVISM (actively working to change your community and society)				
RECOGNITION (status, respect, admiration)				
AESTHETICS (appreciation of man-made beauty—e.g., architecture, fashion, design)				
ARTS (appreciation of art, music, theatre, performance, literature)				
WINNING (competition with others, goal attainment, triumph)				
INTELLECT (pursuit of knowledge and ideas)				
EMOTIONAL INTELLIGENCE (social perceptiveness)				
TRADITION (rituals, cultural heritage)				

Personal Values	A	B	C	D
ENVIRONMENT (nature, sustainability of resources)				
SECURITY (safety, stability, and well-being for yourself and loved ones)				
SPIRITUALITY/RELIGION (belief in higher power, acceptance of what is)				
HEALTH/ATHLETICISM (physical well-being and body-based activities)				