Review the list of personal values and rank each item in order of importance. Add your own personal values if you'd like. (There are 19 personal values listed for each category, with one spot for your own.)

Life	rank	Relationships	rank	Work/Career	rank	Financial	rank	Mental Health	rank
Family		Trust		Recognition		Investment Portfolio		Peace	
Single		Integrity		Challenging Work		Not Money Motivated		Happiness	
Good Health		Honesty		Entrepreneur		Stability		Joy	
Religion/Spirituality		Respect		Creativity		Budgeting		Love	
Serving Others		Love		Diversity		Accountability		Respect	
Personal Growth		Intimacy		Interesting Work		Wealth		Honor	
Nonprofit Work		Companionship		Flexibility		Status		Compassion	
For-Profit Work		Compatibility		Stability		Retirement Goals		Understanding	
Personal Hobbies		Dependability		Prestige		Future Savings		Truth	
Leisure Time		Fun		Personal Growth		Spending Now		Honesty	
Travel		Excitement		Secure Income		Owning Things		Trust	
Music		Adventure		Benefits		Debt-Free Living		Self-Discipline	
Reading		Kindness		Retirement		Future Planning		Appreciation	
Art/Culture		Caring		Life Purpose		Having Benefits		Admiration	
Fun		Giving		Charitable Efforts		Extra Income		Gratitude	
Adventure		Receiving		Free Time		Leisure Lifestyle		Courage	
Happiness		Fulfillment		Team Work		Travel		Equality	
Fame		Loyalty		Competitive		Responsibility		Flexibility	
Recognition		Support		Low Stress		Giving		Control	

= please add your own

Assessing your Value System

After completing the Value System Assessment, pick one column that matches your goal. Then, answer the following questions:

Does the list truly represent your value system?

Many people have a common goal of living a healthier lifestyle—losing weight, exercising, better nutrition, etc. Many times, that goal may conflict with a personal characteristic, belief or value: You want to lose weight, but your responsibility and integrity characteristics need some work; you don't believe that good health will get you anywhere or that it ranks high on your Value Assessment.

What is your goal?

Do your personal characteristics and belief and value systems align with your goal?

What values are the most important to your goal? (List them from the most important to the least important.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.