

Personal Value Assessment

PERSONAL VALUE ASSESSMENT

Instructions: Take your time to reflect on each question and respond thoughtfully. Your answers will contribute to a better understanding of your core values.

Name: _____ Date: _____ dd / mm / yyyy

What are the top three values that you believe are fundamental to your identity?

Reflect on a specific moment in your life when you felt truly fulfilled. What values were present in that moment?

Family - Rank the following values in order of importance to you (1 being the most important, 5 being the least)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Career - Rank the following values in order of importance to you (1 being the most important, 5 being the least)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Personal Growth - Rank the following values in order of importance to you (1 being the most important, 5 being the least)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Adventure - Rank the following values in order of importance to you (1 being the most important, 5 being the least)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Social Justice - Rank the following values in order of importance to you (1 being the most important, 5 being the least)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

When faced with a challenging decision, how do you typically ensure your choices align with your values?

Do you believe your personal values align with those of your closest relationships?

☐ Yes ☐ No

Have your core values evolved or changed over the past few years? If so, how?

Consider your day-to-day activities. How do your values influence your routine and choices?