

Values Test

Name: _____ Date: _____ dd / mm / yyyy

Instructions: The purpose of this values test is to help you identify and prioritize your core values. Read each statement carefully and rate its importance to you on a scale of 1 to 5, with 1 being "Not Important" and 5 being "Extremely Important." Trust your intuition and respond honestly. Once you have completed the test, tally your scores and review the values that received the highest ratings. These values represent what you currently prioritize in your life.

Spending quality time with family is a top priority.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Maintaining close relationships with family members is essential.

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1 2 3 4 5

Making decisions that benefit my family is highly important.

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1 2 3 4 5

Valuing family traditions and gatherings is crucial.

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1 2 3 4 5

Being there to support and care for my family is a significant focus.

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1 2 3 4 5

Setting and accomplishing challenging goals drives me.

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1 2 3 4 5

Continuous personal growth and development are vital to me.

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1 2 3 4 5

Recognitions and achievements bring a sense of fulfillment.

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1 2 3 4 5

Overcoming obstacles and succeeding fuels my motivation.

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1 2 3 4 5

Striving for excellence in my endeavors is a primary focus.

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1 2 3 4 5

Building and nurturing meaningful connections is a priority.

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1 2 3 4 5

Demonstrating empathy and compassion towards others is crucial.

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1 2 3 4 5

Maintaining healthy and fulfilling relationships is a high value.

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1 2 3 4 5

Supporting and being there for friends and loved ones is significant.

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1 2 3 4 5

Collaborating and cooperating with others is essential in my life.

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1 2 3 4 5

Being honest and truthful in all situations is of utmost importance.

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1 2 3 4 5

Acting in alignment with my values and beliefs is essential.

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1 2 3 4 5

Taking responsibility for my actions and choices is highly valued.

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1 2 3 4 5

Demonstrating trustworthiness and reliability is a priority.

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1 2 3 4 5

Upholding ethical principles and moral standards is significant to me.

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1 2 3 4 5

Seeking new experiences and embracing change excites me.

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1 2 3 4 5

Taking risks and stepping outside my comfort zone is important.

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1 2 3 4 5

Exploring different cultures and perspectives is a top priority.

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1 2 3 4 5

Engaging in adventurous activities and travel brings me joy.

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1 2 3 4 5

Embracing spontaneity and unpredictability is highly valued.

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1 2 3 4 5

Making a positive difference in the world is a core value.

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1 2 3 4 5

Volunteering and giving back to the community is crucial to me.

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1 2 3 4 5

Advocating for social justice and equality is highly important.

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1 2 3 4 5

Supporting causes that align with my values is a priority.

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1 2 3 4 5

Contributing to the well-being of others brings fulfillment.

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1 2 3 4 5

Maintaining a healthy work-life balance is essential to me.

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1 2 3 4 5

Prioritizing self-care and well-being is highly important.

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1 2 3 4 5

Creating harmony among different areas of my life is a top focus.

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1 2 3 4 5

Nurturing both personal and professional relationships is significant.

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1 2 3 4 5

Ensuring mental, emotional, and physical well-being is of high value.

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1 2 3 4 5

Expressing myself through artistic and creative outlets is crucial.

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1 2 3 4 5

Embracing innovation and thinking outside the box excites me.

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1 2 3 4 5

Fostering imagination and originality is highly important to me.

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1 2 3 4 5

Engaging in activities that allow me to explore my creative side is vital.

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1 2 3 4 5

Encouraging creativity in others and supporting artistic endeavors are significant.

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1 2 3 4 5

Scoring: The higher the score, the more importance you place on that particular value. Review the categories with the highest scores to gain insight into your core values.