

Personal Values Assessment

1. ___ A physical appearance to be proud of	21. ___ Accomplishment of something worthwhile
2. ___ To graduate with honors	22. ___ A secure and positive family life
3. ___ Being an honest person	23. ___ An enjoyable, leisurely life
4. ___ To have political power	24. ___ Unlimited travel, fine foods, entertainment, recreational, and cultural opportunities
5. ___ Being known as a “real” person	25. ___ Getting things changed for the better
6. ___ A meaningful relationship	26. ___ A beautiful home in the setting of your choice
7. ___ Self-confidence and personal growth	27. ___ A chance to develop creativity/potential in any area
8. ___ Enjoyment of nature and beauty	28. ___ Owning a possession of great value
9. ___ A life with meaning, purpose, fulfillment	29. ___ To speak up for my personal beliefs
10. ___ Continuing to learn and gain knowledge	30. ___ To have better feelings about myself
11. ___ A chance to help the sick and disadvantaged	31. ___ To be needed and to be important to others
12. ___ To be attractive to others	32. ___ To become a good parent
13. ___ Some honest and close friends	33. ___ To have a better relationship with my parents
14. ___ A long and healthy life	34. ___ To be sexy
15. ___ A meaningful relationship with God	35. ___ To persevere in what I am doing
16. ___ A good marriage	36. ___ Time for prayer
17. ___ Satisfaction/success in the career of your choice	37. ___ To give of myself freely in helping others
18. ___ An equal opportunity for all people	38. ___ A safe and secure environment
19. ___ Freedom to live life as you want	39. ___ To be loved by a special few
20. ___ A financially comfortable life	40. ___ To be trusted by others

Choices and Values: What’s Important to Me? Take a few minutes to think about the meaning of the items listed below. Indicate with **A -- Highly Important, B -- Important, C -- Slightly Important** the items that are important to you. If an item is of no importance to you place an **X** in the blank.

List below the number of the four or five items that are most important to you:

A.____ B.____ C.____ D.____ E.____

When you have listed the 4 to 5 items that are most important to you, refer to the “Value Characteristics” sheet and write the appropriate characteristics related to these numbers.

Value Characteristics

Number	Characteristic
5	Sincerity
3, 40	Honesty, Integrity
7, 30	Emotional well-being, Stability
8	Artistic appreciation
2, 10	Education, Intelligence, Wisdom
11, 37, 18	(Altruism) Compassion, Fairness, Justice
1, 12, 34	Appearance, Beauty, Approval
6, 13, 31, 39	Love, Friendship, Personal closeness
14, 38	Health, Personal safety, Security
15, 36	Religion, Spirituality
16, 22, 32, 33	Family, Love, Emotional security
9, 17, 21, 27	Fulfillment, Intellectual and Vocational achievement
19	Personal freedom, Independence
20, 26, 28	Financial security, Money, Status
23, 24	Pleasure, Travel, Material satisfaction
4, 25	Power, Achievement
29	Courage
35	Perseverance

The Personal Values/Qualities I value most

What is a value?

Values are those inner standards from which you receive the motivation to act as you do and by which you judge behavior (both yours and others).

Values signify what is important and worthwhile. They serve as the basis for moral codes and ethical reflection. Individuals have their own values based on many aspects including family, religion, peers, culture, race, social background, gender, etc. Values guide individuals, professions, communities, and institutions.

1. A value must be chosen freely. If you don't cheat because someone tells you not to, or because you know you will get into trouble with some authority figure, say, you are not freely acting on your values of honesty and integrity.

2. A value is always chosen from among alternatives. If you don't cheat because you are taking a test in an empty room without any resources, you cannot say you chose not to cheat. There must always be an alternative in choosing your value.

3. A value results from a choice made after thoughtful consideration of choices. If you don't cheat because it never occurred to you to do otherwise, there is no value at play. If you cheat thoughtlessly or carelessly, it does not reflect a value. Only when you carefully consider alternatives and consequences and then make a choice is value reflected in that decision.

4. When you value something, it has a positive quality for you. If your decision not to cheat is something you feel good about, then it is based on a value. You like yourself for your honesty and integrity. You prize them and cherish these qualities in yourself.

5. You are willing to publicly stand by your values. Not only are you proud of your choice not to cheat, you will speak about your position and even try to convince others not to cheat. You declare in your actions and your words that you value honesty and integrity.

6. When you have a value, it shows up in every aspect of your life. You don't just talk about having honesty and integrity – you live it. You will spend time and energy on developing your honesty and integrity. You will associate with people who also value honesty and integrity. You will make sacrifices (money or otherwise) to live by your values.

7. Values show up again and again in your actions. Not cheating on one thing does not mean you hold a value. Only when you make the same kind of choices over and over again in similar circumstances is value at play. Because of your honesty and integrity, you don't cheat on anything. From small quizzes to big tests, from board games to big contests, your value is in effect in every circumstance.