



VALUES ASSESSMENT

To make the most of this session, I invite you to find 45 min to 1 hour where you can have an appointment with yourself, uninterrupted. Find an environment that is relaxing, pleasing and allows you to be at your best, 100% focused on yourself. Give yourself the gift of time. Allow your answers to come from your whole engaged being.

Instructions:

1. Rate each value, marking an "x" when it resonates.
2. Circle your top 5 values. Those which are required for you to live your best you.
3. Of those that are meaningful, rate each based on how often you consider it "low, med, high".
4. Last pass, of those that rate high, note if you would like more, same or less

Value	Resonates (x)	Frequency (L M H)	Desire (+ = -)
Accountability			
Abundance			
Achievement			
Abundance			
Adventure			
Altruism			
Ambition			
Authenticity			
Autonomy			
Balance			
Beauty			
Being the Best			
Career			
Caring			
Clarity			
Collaboration			
Commitment			
Communication			
Community			
Compassion			

Value	Resonates (x)	Frequency (L M H)	Desire (+ = -)
Competence			
Confidence			
Connecting to Others			
Contentment			
Contribution			
Creativity			
Curiosity			
Dignity			
Diversity			
Emotional Health			
Efficiency			
Environment			
Equality			
Ethics			
Excellence			
Fairness			
Faith			
Family			
Financial stability			
Forgiveness			
Flexibility			
Freedom			
Friendship			
Fulfillment			
Fun			
Future Generations			
Generosity			
Giving Back			
Grace			
Gratitude			
Growth			
Harmony			
Health			

Value	Resonates (x)	Frequency (L M H)	Desire (+ = -)
Holistic Living			
Home			
Honesty			
Hope			
Humility			
Humor			
Inclusion			
Independence			
Initiative			
Integrity			
Intimacy			
Intuition			
Job Security			
Joy			
Justice			
Kindness			
Knowledge			
Leadership			
Learning			
Love			
Loyalty			
Making a Difference			
Nature			
Openness			
Optimism			
Order			
Parenting			
Partnership			
Patience			
Patriotism			
Peace			
Perseverance			
Personal Growth			

Value	Resonates (x)	Frequency (L M H)	Desire (+ = -)
Personal Fulfillment			
Physical Appearance			
Power			
Pride			
Privacy			
Professionalism			
Recognition			
Reliability			
Resourcefulness			
Respect			
Responsibility			
Risk-Taking			
Romance			
Safety			
Security			
Self-Care			
Self-Discipline			
Self-Expression			
Self-Mastery			
Self-Realization			
Self-Respect			
Serenity			
Sensuality			
Service			
Simplicity			
Spirituality			
Sportsmanship			
Stewardship			
Success			
Teamwork			
Thrift			
Time			
Tradition			

Value	Resonates (x)	Frequency (L M H)	Desire (+ = -)
Travel			
Trust			
Truth			
Understanding			
Uniqueness			
Usefulness			
Vision			
Vitality			
Vulnerability			
Walking the Talk			
Weath			
Well-Being			
Wholeheartedness			
Wisdom			
Write your own:			

Write your top 5 most resonant here:

1. _____
2. _____
3. _____
4. _____
5. _____

Write any values that you'd like to experience with different frequency:

1. _____
2. _____
3. _____