

Values Discovery Questionnaire

Instructions

Purpose: "Our values define who we are and what we do. They are the personal rules we choose to live by." Our values are the guiding force from which our life purpose, goals, and all of our daily actions flow from. A successful person knows with full certainty what their core values are and what they mean to them. This questionnaire will give insight into the things that are the most important in your life. Go ahead and fill out this questionnaire.

1. What people do I admire or consider role models in my life?

2. What are some common qualities of the people I admire?

3. What is one value that you would be willing to die for if you had to?

4. What are your top three roles in life (i.e. entrepreneur, student, husband, mother, etc.)

5. What value would you place before each of those roles?

6. What motivates me?

7. What brings me the most joy, satisfaction or pleasure?

8. What am I greatly interested in?

9. What do I want more than anything else in my life?

Values Identification Worksheet

Directions: Go through the list below and circle 12 values that you feel express who you are and that are important to you. Then enter these values on the following page. Note that this is not a comprehensive list of values. You may add any that are not listed here.

Abundance	Creativity	Imagination
Acceptance	Credibility	Independence
Accuracy	Curiosity	Influence
Accountability	Decisiveness	Ingenuity
Accomplishment	Dependability	Inner Peace
Achievement	Desire	Innovation
Adaptability	Determination	Integrity
Adventure	Discipline	Intelligence
Affection	Discovery	Intimacy
Aggressiveness	Diversity	Intuition
Agility	Drive	Investing
Altruism	Duty	Joy
Assertiveness	Education	Justice
Attractiveness	Effectiveness	Kindness
Availability	Efficiency	Knowledge
Awareness	Equality	Learning
Balance	Empathy	Leadership
Beauty	Excellence	Liberty
Belonging	Excitement	Logic
Bliss	Extravagance	Loyalty
Boldness	Extroversion	Love
Bravery	Exuberance	Mastery
Brilliance	Fairness	Maturity
Calmness	Faith	Meaning
Camaraderie	Fame	Merit
Capability	Family	Mindfulness
Caring	Fearlessness	Modesty
Challenge	Ferocity	Money
Charm	Fitness	Motivation
Change	Flexibility	Neatness
Chastity	Focus	Non-violence
Clarity	Fortitude	Openness
Cleanliness	Freedom	Opportunity
Cleverness	Friendship	Optimism
Closeness	Frugality	Order
Collaboration	Fun	Tranquility
Comfort	Generosity	Trust
Commitment	Goodness	Unity
Communication	Gratitude	Organization
Community	Growth	Outcome Orientation
Compassion	Guidance	Outstanding Service
Competence	Happiness	Passion
Competition	Hard Work	Peace
Concentration	Health	Persistence
Congruency	Heart	Personal Growth
Confidence	Heroism	Persuasiveness
Content over fluff	Holiness	Philanthropy
Continuous Improvement	Honesty	Pleasure
Conviction	Honor	Poise
Cooperation	Humility	Popularity
Courage	Humor	Positive Attitude
Courtesy	Hygiene	Power

Practicality
Preparedness
Preservation
Privacy
Professionalism
Progress
Prosperity
Punctuality
Purity
Quality
Quiet
Rationality
Recognition
Reliability
Religion
Resilience
Resourcefulness
Respect
Responsibility
Risk-Taking
Romance
Sacrifice
Safety
Satisfaction
Security

Self-control
Self-discipline
Selflessness
Seriousness
Service
Sexuality
Simplicity
Sincerity
Skill
Solitude
Speed
Spirit
Spirituality
Spontaneity
Stability
Strength
Style
Success
Support
Supremacy
Sympathy
Synergy
Systemization
Teamwork
Thrift

Tidiness
Timeliness
Tolerance
Tradition
Tranquility
Trust
Truth
Uniqueness
Unity
Utility
Valor
Variety
Victory
Virtue
Vision
Vitality
Warmth
Wealth
Well-Being
Winning
Wisdom
Wittiness
Wonder
Youthfulness
Zeal

My 12 Personal Defining Values

Instructions

From the previous pages, copy your 12 selected values onto the list provided. There is no need to organize them at this point. Simply copy them down.

	My Preliminary Value List
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Clarifying Your Values

While many people might choose similar values for themselves, those values might not mean the same thing to everyone. Therefore, it becomes important for you to clarify what those twelve values you have chosen mean to you by defining their meaning. This also creates a sense of ownership of those values to you. In this worksheet, write down each of the twelve values you chose and then clarify that value by writing out what it means to you.

Value 1 _____

Clarifying Statement: _____

Value 2 _____

Clarifying Statement: _____

Value 3 _____

Clarifying Statement: _____

Value 4 _____

Clarifying Statement: _____

Value 5 _____

Clarifying Statement: _____

Value 6 _____

Clarifying Statement: _____

Value 7 _____

Clarifying Statement: _____

Value 8 _____

Clarifying Statement: _____

Value 9 _____

Clarifying Statement: _____

Value
10 _____

Clarifying Statement: _____

Value 11 _____

Clarifying Statement: _____

Value 12 _____

Clarifying Statement: _____

Identifying Your Core Values

Directions: Fill the numbered lines with 12 values from the list on the previous page. Then compare each value with the one next to it and make a subjective decision on which one is more important to you. Keep using this Tournament-Style prioritizing method until you come up with your top three values. These are your core values.!

1			Core Value #1
2			
3			
4			
5			Core Value #2
6			
7			
8			
9			Core Value #3
10			
11			
12			