VALUES

Mark next to each value if the question asked resonates.

VALUE	1	2	3	4	5	6	7	8	9	10	ТОТ
Authenticity											
Autonomy											
Adventure											
Achievement											
Variety											
Balance											
Beauty											
Boldness											
Compassion											
Community											
Contribution											
Creativity											
Curiosity											
Determination											
Fairness											
Faith											
Family											

VALUE	1	2	3	4	5	6	7	8	9	10	ТОТ
Friendship											
Fun											
Growth											
Happiness											
Honesty											
Humor											
Influence											
Self-Reliance											
Justice											
Kindness											
Knowledge											
Leadership											
Learning											
Love											
Loyality											
Meaningful Work											
Openness											
Optimism											
Peace											
Pleasure											
Popularity											

VALUE	1	2	3	4	5	6	7	8	9	10	ТОТ
Significance											
Perservance											
Recognition											
Reputation											
Respect											
Responsibility											
Certainty											
Health											
Service											
Spirituality											
Success											
Status											
Trust											
Wealth											
Wisdom											
Warmth											
Discipline											
Professionalism											
Humility											
Courage											
Freedom											

VALUE	1	2	3	4	5	6	7	8	9	10	ТОТ
Empathy											
Uniqueness											
Gratitude											
Tolerance											
Patience											
Generosity											
Equanimity											
Altruism											

The 10 questions to elicit your values

- 1. What is most important to me in life?
- 2. What qualities do you admire in others?
- 3. What do you value most in your relationships with others?
- 4. When faced with difficult decisions, what factors or considerations guide my choices?
- 5. What kind of impact do I want to make on the world around me?
- 6. How do I want to be remembered by others?
- 7. What defines my success?
- 8. What principles or values do I consistently rely on to navigate challenges and setbacks?
- 9. What virtues or characteristics do I admire in others?
- 10. What brings me a sense of purpose and meaning in life?

Add up the total scores to elicit your values.