

## Valued Living Worksheet

### Step 1

**Step 1:** Look at the list below and put a check mark by the values that resonate for you.

Accountability	Courtesy	Faith	Kindness	Self-reliance
Accuracy	Creativity	Family-orientation	Leadership	Sensitivity
Achievement	Curiosity	Fidelity	Legacy	Serenity
Adventurousness	Decisiveness	Fitness	Love	Service
Altruism	Democracy	Fluency	Loyalty	Shrewdness
Ambition	Dependability	Focus	Making a difference	Simplicity
Assertiveness	Determination	Freedom	Mastery	Soundness
Balance	Devoutness	Generosity	Obedience	Spontaneity
Being the best	Diligence	Goodness	Openness	Stability
Belonging	Discipline	Grace	Order	Strategic
Boldness	Discretion	Growth	Originality	Strength
Calmness	Diversity	Health	Patriotism	Support
Carefulness	Dynamism	Helping Society	Piety	Teamwork
Challenge	Economy	Holiness	Positivity	Thankfulness
Cheerfulness	Effectiveness	Honesty	Practicality	Thoroughness
Clear-mindedness	Efficiency	Honor	Professionalism	Thoughtfulness
Commitment	Elegance	Humility	Prudence	Timeliness
Community	Empathy	Independence	Quality-orientation	Tolerance
Compassion	Enjoyment	Ingenuity	Reliability	Traditionalism
Competitiveness	Enthusiasm	Inner Harmony	Resourcefulness	Trustworthiness
Consistency	Equality	Inquisitiveness	Restraint	Truth-seeking
Contentment	Excellence	Insightfulness	Results-oriented	Understanding
Continuous Improvement	Excitement	Intelligence	Rigor	Uniqueness
Contribution	Expertise	Intuition	Security	Unity
Control	Exploration	Irreverence	Self-actualization	Usefulness
Cooperation	Expressiveness	Joy	Self-control	Vision
Correctness	Fairness	Justice	Selflessness	Vitality

**Continue to Step 2 on the next page.**

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### Steps 2-5

**Step 2:** List your top 10 values in the **Value** column below.

**Step 3:** In the **Importance** column, rank how important this value is to you on a scale of 1 to 10 with 1 being *not important at all* and 10 being *extremely important*.

**Step 4:** In the **Living It?** column, rank how much you think you're currently living this value on a scale of 1 to 10 with 1 being *not living it at all* and 10 being *living it fully*.

**Step 5:** In the **Difference** column, write the difference between the number in the **Importance** column and the number in the **Living It?** column.

<b>Value</b>	<b>Importance</b> <i>1=not important at all 10=extremely important</i>	<b>Living it?</b> <i>1=not living it at all 10=living it fully</i>	<b>Difference</b>
Example: Kindness	10	6	-4
Example: Creativity	7	7	0