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  Usefulness
Cooperation  Expressiveness  Joy  Self-actualization  Vision
Correctness  Fairness  Justice  Self-control  Vitality

Continue to Step 2 on the next page.
Valued Living Worksheet

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.

<table>
<thead>
<tr>
<th>Value</th>
<th>Importance</th>
<th>Living it?</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Kindness</td>
<td>10</td>
<td>6</td>
<td>-4</td>
</tr>
<tr>
<td>Example: Creativity</td>
<td>7</td>
<td>7</td>
<td>0</td>
</tr>
</tbody>
</table>
