

Personal Value Assessment

Instructions:

Take your time to reflect on each question and respond thoughtfully. Your answers will contribute to a better understanding of your core values.

Name:

Date:

1. What are the top three values that you believe are fundamental to your identity?

2. Reflect on a specific moment in your life when you felt truly fulfilled. What values were present in that moment?

3. Rank the following values in order of importance to you (1 being the most important, 5 being the least):

- _____ Family
- _____ Career
- _____ Personal Growth
- _____ Adventure
- _____ Social Justice

4. When faced with a challenging decision, how do you typically ensure your choices align with your values?

5. Do you believe your personal values align with those of your closest relationships?

Yes

No

6. Have your core values evolved or changed over the past few years? If so, how?

7. Consider your day-to-day activities. How do your values influence your routine and choices?