

# Values Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Recall a time when you have been so absorbed in what you were doing that you hardly noticed the time. What were you doing?**

**2. Think about the things that you find meaningful. What do you think of? Include ideals, feelings, and activities.**

**3. What values are most important to you? Check all of the values that are most important to you from the examples below and/or add your own. Feel free to check those that were identified from your essay and the exercises above as well. (If you need to, go through the exercise of writing down other experiences in your life in which you felt you did something meaningful, were successful, creative, committed, decisive, etc. to identify personal values.)**

- |  |  |
|--|--|
| <input type="checkbox"/> Achievement / accomplishment              | <input type="checkbox"/> Decision-making               |
| <input type="checkbox"/> Integrity                                 | <input type="checkbox"/> Self-expression               |
| <input type="checkbox"/> Balance                                   | <input type="checkbox"/> Excitement / risk             |
| <input type="checkbox"/> Leisure                                   | <input type="checkbox"/> Status                        |
| <input type="checkbox"/> Challenge                                 | <input type="checkbox"/> Financial security            |
| <input type="checkbox"/> Personal development                      | <input type="checkbox"/> Visioning                     |
| <input type="checkbox"/> Creativity                                | <input type="checkbox"/> Happiness                     |
| <input type="checkbox"/> Repairing or fixing something             | <input type="checkbox"/> Helping others/serving people |
| <input type="checkbox"/> Creating change (e.g. social change)      | <input type="checkbox"/> Advancement                   |
| <input type="checkbox"/> Safety                                    | <input type="checkbox"/> Leadership                    |
| <input type="checkbox"/> Entrepreneurship                          | <input type="checkbox"/> Belonging to a group          |
| <input type="checkbox"/> Spirituality                              | <input type="checkbox"/> Listening                     |
| <input type="checkbox"/> Fame                                      | <input type="checkbox"/> Compassion                    |
| <input type="checkbox"/> Teamwork                                  | <input type="checkbox"/> Physical activity             |
| <input type="checkbox"/> Friendships                               | <input type="checkbox"/> Creating something new        |
| <input type="checkbox"/> Wealth                                    | <input type="checkbox"/> Respect                       |
| <input type="checkbox"/> Health                                    | <input type="checkbox"/> Creating information          |
| <input type="checkbox"/> Improving or perfecting something         | <input type="checkbox"/> Security                      |
| <input type="checkbox"/> Independence                              | <input type="checkbox"/> Equality                      |
| <input type="checkbox"/> Autonomy                                  | <input type="checkbox"/> Stability                     |
| <input type="checkbox"/> Learning / growing / gaining wisdom       | <input type="checkbox"/> Family happiness              |
| <input type="checkbox"/> Building something                        | <input type="checkbox"/> Tenacity                      |
| <input type="checkbox"/> Mastering a technique / field             | <input type="checkbox"/> Fun                           |
| <input type="checkbox"/> Competition                               | <input type="checkbox"/> Harmony                       |
| <input type="checkbox"/> Receiving recognition / impressing people | <input type="checkbox"/> Influencing people            |
| <input type="checkbox"/> Creating beauty                           | <input type="checkbox"/> Other:                        |
| <input type="checkbox"/> Risk-taking                               |  |

**4. Choose the ten most important to you and prioritize them - 1 the most important and 10 the least important.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**5. What are the 5 most important to you? Prioritize them.**

- 1.
- 2.
- 3.
- 4.
- 5.

This Values Test is designed for personal reflection and self-exploration. It is **not** intended to serve as a psychological assessment, diagnostic tool, or professional evaluation. The responses provided in this test are for the individual's use and should not be interpreted as a definitive measure of personal values, personality traits, or behavioral tendencies.

The test is adapted from the Carleton University Values Assessment Worksheet and is provided for informational and educational purposes only.

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Carleton University. (n.d). Values assessment worksheet. <https://carleton.ca/mentoring/wp-content/uploads/Values-Assessment-Community-College-of-Vermont.pdf>