



As requested, I have attached a PDF of The Values Assessment. It should take about 10-15 minutes. Instructions are below.

Values Assessment

I have attached the Core Values worksheet. The purpose of this sheet is for you to determine what your values are. We all have them and are usually unaware of the impact they have on what we believe, how we respond to things and how we govern ourselves.

#1 – Rate each value (extremely important to... not)

I want you to take some time to really contemplate first how important each value is to you by rating it. This is what's REALLY important to you, NOT what someone else says "should be" important, or what was important to the people who raised you. We aren't looking to judge, just looking to name what's important to you.

#2 – Identify your top personal values.

Looking at the values you marked as GREEN (Extremely important), decipher what your top 4 personal values are. These are what you value as a **person**. Try to remove the roles that you may play as son/daughter, brother/sister, spouse, parent, businessperson, employee, employer, etc. and really get down to who you are at your core and what values you hold near and dear to your heart. Which ones would be "tattoo or t-shirt worthy"?

#3 – Identify your top professional and relationship values.

Looking at the values you marked as GREEN (Extremely important), determine your top four **professional values** and finally your top four values in your most personal/intimate **relationships**. These are values that you may have experienced in past relationships/work, current relationships/work, or that you look for in an ideal relationship/work. You can use a value in more than one category if you choose. Your top values personally, professionally and in relationships can overlap. It's ok.

When you are done, take pictures of pages 2 and 3, then email/text them to me. Feel free to email/text me any questions as they come up.

Until next time -

Be bold. Be authentic. Be you.

Do what matters. Love the outcome.

Jeff Koziatek – Executive Coach and Keynote Speaker with Core Authenticity
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THE **VALUES** CONVERSATION

What really counts in life and leadership™

what
are your
core
values?

This exercise is an important introduction to The Values Conversation...

Take a few minutes to read through the entire list of values, then mark their relative importance to you.

There are no right or wrong answers, and this list doesn't describe the entire universe of values that define people.

Identify values that matter most to you:

- *as an individual*
- *in a business setting, and*
- *in your close relationships.*



NAME: _____

DATE: _____

Place a checkmark after each value indicating the importance of that value in your life.

extremely important

somewhat important

not important

Achievement:

attaining or accomplishing a set task



Expertise:

having skill, knowledge or know how



Advancement:

moving forward, improving in standing



Fairness:

balancing the needs of all, forthright



Adventure:

seeking unexplored areas of life



Family:

strong allegiance to your close circle



Appearance:

having a style or look that is pleasing



Forgiveness:

to grant pardon or remission of an offense



Authority:

having a place of influence or power



Friendship:

affection, personal regard for another



Belonging:

feeling connected to someone or something



Good health:

being vigorous, free from illness



Challenge:

taking on a difficult or stimulating task



Helping:

sharing energy and knowledge to assist



Communication:

imparting thoughts, ideas or opinions



Honesty:

to be truthful, sincere and upright



Competency:

having sufficient skills and knowledge



Honorable:

distinguished, highly respectful, dignified



Consensus:

general agreement or harmony



Hope:

what is wanted can be had or accomplished



Courage:

ability to face difficulty, danger or pain



Humility:

modest, courteous, respectful



Creativity:

transcending traditional ideas, patterns



Inner harmony:

to feel complete and at peace with myself



Deference:

being accepting and supportive of leadership



Integrity:

adhering to moral or ethical principles



Dignity:

self-respectful, noble



Intimacy:

closely sharing and loving without reservation



Diplomacy:

tactfully dealing with people



Joy:

great delight, keen pleasure



Environment:

respectful of my conditions or surroundings



Justice:

being guided by truth and fairness



Excellence:

outstanding quality, remarkably good



Kindness:

benevolent, considerate or helpful





Knowledge: understanding of facts, truths or principles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Respectful: being polite, honoring with my actions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Loyalty: being faithful to commitments and people	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Responsibility: accountable, accomplish obligations	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Openness: unguarded and accepting of new ideas	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Security: to feel safe, secure or protected	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Neatness: pleasingly orderly and clean	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Self-acceptance: to accept and approve of myself	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Peace: a state of internal harmony	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Self-control: to control or restrain my actions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Perseverance: steady persistence in spite of obstacles	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Simplicity: easy to deal with, or understand	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal growth: positively growing and adapting	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Spiritual growth: spiritually developing and learning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Playfulness: fun, humorous, frolicking	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Stability: being permanent, firm, steadfast	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Pleasure: enjoyment, satisfaction, being gratified	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Teamwork: cooperative effort for a common cause	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power: translating your will into others' actions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Tolerance: accepting of differences without judgment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Prosperity: successful, thriving, well off	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Tradition: long established way of thinking or acting	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Purity: innocent; free from ulterior motives	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Trustworthiness: being dependable, reliable and honest	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rationality: being reasonable and sensible	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Unconditional love: affection and acceptance with no limits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recognition: to be acknowledged for achievement	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wisdom: knowledge mixed with experience	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

From those you marked extremely important, list your top four values in:

Your personal life:

1. _____
2. _____
3. _____
4. _____

The business world:

1. _____
2. _____
3. _____
4. _____

Your close relationships:

1. _____
2. _____
3. _____
4. _____