



Owen Ryan Consulting & Coaching Ltd

VALUES ASSESSMENT

PART 1

What values are the most important to you? Circle/tick all of the values that are most important to you from the examples below. You can also add your own if they are not listed.

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



PART 2

Now, choose the ten most important values to you and then prioritise them from 1 to 10.

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

PART 3

Now, choose the five most important values to you and then prioritise them from 1 to 5.

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

PART 4

On a scale of 1 to 10, (with 1 being not at all and 10 being very much so) score how in line your life is with your values at:

Home

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Work

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