

Values Assessment Rating Form Worksheet

Rate how important this value is to you on a scale of 0 (low importance) to 10 (high importance). It's okay to have several values scoring the same number.

	Why is it important for you?	What does it mean to you?	Rate on a scale from 1-10, how much you are living up to the mark of this value
Passion			
Wealth			
Beauty			
Relationships			
Dignity			
Wisdom			
Achievement			
Dependence			
Knowledge			
Humour			
Family			
Honor			
Respect			
Safety			
Friends			
Spirituality			
Religiosity			
Morals			
Creativity			
Adventure			