

my  
**VALUES**  
assessment



# HELLO FRIEND!

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I am so happy to share what I believe to be one of the greatest strategies for bringing more happiness into your life.

Values are the principles we live by. They are the things that motivate, inspire, move and drive us. They are the very essence of who we are and what we hold dear. When you're really happy you're honoring one of your values and when you get upset, chances are one of your values is being threatened, challenged or taken away. As you connect to your values in a deeper more intentional way, you can begin to make decisions based on what really matters to you as opposed to what you think is expected. Feel free to contact me with any questions you may have or to schedule a complimentary session to explore further.

*Marilyn Ox*



*"It is better to follow the voice inside and be at war with the world, than to follow the ways of the world and be at war with your deepest self."*

*~Michael Pastore*

SCHEDULE A FREE  
30 MINUTE STRATEGY SESSION

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# CIRCLE TOP 10 VALUES

- |                      |                    |                     |                  |
|----------------------|--------------------|---------------------|------------------|
| Accomplishment       | Environment        | Loyalty             | Self-Care        |
| Accountability       | Excellence         | Nature              | Self-Expression  |
| Abundance            | Family             | Openness            | Self-Mastery     |
| Achievement          | Financial Security | Orderliness         | Self-Realization |
| Adventure            | Flexibility        | Personal Growth     | Sensuality       |
| Altruism             | Freedom            | Partnership         | Service          |
| Autonomy             | Friendship         | Physical appearance | Spirituality     |
| Balance              | Fulfillment        | Power               | Transparency     |
| Beauty               | Fun                | Privacy             | Trust            |
| Clarity              | Holistic Living    | Professionalism     | Truth            |
| Commitment           | Honesty            | Recognition         | Vitality         |
| Communication        | Humor              | Respect             | Wealth           |
| Connecting to others | Independence       | Romance             | -----            |
| Creativity           | Integrity          | Security            | -----            |
| Emotional Health     | Intimacy           |                     |                  |

## A Closer Look

From the 10 values you circled above, now narrow the list to 5 in order of importance. Then, on a scale from 1 – 10 (REALLY IMPORTANT), write the levels of importance.

Top Value	Level of Importance
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

## How are your values showing up in your life today?

Now on a scale from 1 – 10, 10 completely showing up in my life today, write the action rating for each value:

Action Rating
1.
2.
3.
4.
5.

# VALUES ALIGNMENT

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1. What values in my life am I honoring?

2. What values are not aligned in my life right now?

3. What are one to three action steps I can take this week to be more in line with what's important to me?

## CONGRATULATIONS!

You have taken powerful action in gaining deeper awareness of what is really important to you today. Use my "Weekly Values Journal" to continue creating your best self and life!

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# WEEKLY VALUES JOURNAL

## My Weekly Top 3

Week of \_\_\_\_\_

Values that you intend to focus on this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### 1st Value Rating

### 2nd Value Rating

### 3rd Value Rating

Value/Action

\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_

Value/Action

\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_

Value/Action

\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_

This Value is important to me because \_\_\_\_\_  
\_\_\_\_\_

One thing I can do this week to bring my "action" # up a notch or is \_\_\_\_\_  
\_\_\_\_\_

This Value is important to me because \_\_\_\_\_  
\_\_\_\_\_

One thing I can do this week to bring my "action" # up a notch or is \_\_\_\_\_  
\_\_\_\_\_

This Value is important to me because \_\_\_\_\_  
\_\_\_\_\_

One thing I can do this week to bring my "action" # up a notch or is \_\_\_\_\_  
\_\_\_\_\_

I aligned with my values this week by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Obstacles I faced this week:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_