ASSESSMENT 5: PERSONAL VALUES

* \_\_100\_\_\_ **1.** An enjoyable, satisfying job
* \_\_100\_\_\_ **2.** A high-paying job
* \_\_100\_\_\_ **3.** A good marriage
* \_\_70\_\_\_ **4.** Meeting new people; social events
* \_\_50\_\_\_ **5.** Involvement in community activities
* \_\_0\_\_\_ **6.** My religion
* \_\_100\_\_\_ **7.** Exercising, playing sports
* \_\_100\_\_\_ **8.** Intellectual development
* \_\_60\_\_\_ **9.** A career with challenging opportunities
* \_\_70\_\_\_ **10.** Nice cars, clothes, home, etc.
* \_\_100\_\_\_ **11.** Spending time with family
* \_\_20\_\_\_ **12.** Having several close friends
* \_\_50\_\_\_ **13.** Volunteer work for not-for-profit organizations, such as a cancer society
* \_\_100\_\_\_ **14.** Meditation, quiet time to think, pray, etc.
* \_\_100\_\_\_ **15.** A healthy, balanced diet
* \_\_100\_\_\_ **16.** Educational reading, TV, self-improvement programs, etc.

**SCORE:**

Professional- 160

Financial- 170

Family- 200

Social- 90

Community- 100

Spiritual- 100

Physical- 200

Intellectual- 200

Pretty decent balance overall

**Interpretation**

The higher the total in any area, the higher the value you place on that particular area. The closer the numbers are in all eight areas, the more well-rounded you are. Think about the time and effort you put forth in your top three values. Is it sufficient to allow you to achieve the level of success you want in each area? If not, what can you do to change? Is there any area in which you feel you should have a higher value total? If yes, which, and what can you do to change?