# PERSONAL VALUES ASSESSOR

*"Do I live to work, or do I work to live? "*

What matters to you?

Choosing your TOP 3 Z-isms is a fun activity as well as a very telling exercise. Of course, it only reflects the highlights of a broad set of personal values as your insights to live by.

Now let's get to the very heart of who you know yourself to be and how that shapes your mindset. There are no short-cuts here. Self-discovery takes effort. So take this the right way, but that means we need to dissect you. The good news is that you're the one doing the dissecting.

For our purposes, the goal is to distinguish between your internal values, beliefs and perceptions as well as your external perceptions. Then we'll put you back together!

On the whole, personal values are the general expression of what's important to you. They are the guiding principles in your life that shape your broad desirable goals and provide the motivation for the actions you take to fulfill those goals.

Think of values as your operating system. They influence everything you do but that usually happens on auto-pilot. You just know intuitively what you like and dislike and decide accordingly. You're hard-wired. Values dictate behavior and establish how people determine the difference between right and wrong.

It's also important to acknowledge that individuals don't necessarily choose their core values. Many people have these values instilled in them by their parents and the community around them. You may already live by strong core values without realizing it.

We all have a wide-range of values, but what defines us even more is the hierarchy we assign to certain values as more important than others. For example, if an important value to you is loyalty than this could be applied to your family, friends or work environment. Someone who values success above all else is likely to work very hard in their career. However, if they value success over loyalty, they may also be inclined to take advantage of others to climb the career ladder.


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While our values are mostly fixed. However, they are subject to change when something big happens. It may be when you are consciously re-evaluating your life and need to make a decision. The resulting experiences can change your value hierarchy.

## ACTIVITY: 1 – PERSONAL VALUES IDENTIFIER (TIME: 3 MINUTES)

Below is a broad-range of values sorted into four categories: character, fulfillment, lifestyle and social causes. Think of it as a menu. You're famished. Everything on this looks amazing. After all, they're values for a reason. But, in a few minutes, your server will arrive and you HAVE to choose. That, again, is where your values come in.

| CHARACTER | FULFILLMENT | LIFESTYLE | SOCIAL CAUSES |
|---|---|---|---|
| ● Trust | ● Competition | ● Freedom | ● Climate Change |
| ● Honesty | ● Passion | ● Wealth | ● Social Order |
| ● Self-discipline | ● Creativity | ● Power/Influence | ● Equality |
| ● Courage | ● Pleasure | ● Faith | ● Environment |
| ● Modesty | ● Excitement | ● Respectability | ● World Peace |
| ● Respect | ● Adventure | ● Security | ● Charitability |
| ● Loyalty | ● Innovation | ● Love | ● Patriotism |
| ● Forgiveness | ● Ambition | ● Health | ● Volunteerism |
| ● Dependability | ● Beauty | ● Cleanliness | ● Animal Rights |
| ● Optimism | ● Connection | ● Traditions | ● Poverty/Homeless |
| ● Positivity | ● Inspiration | ● Family | ● Immigration Rights |
| ● Efficiency | ● Contribution | ● Education | ● Gender Equality |
| ● Compassion | ● Control | ● Fitness | ● Civil Rights/Racism |
| ● Open-mindedness | ● Curiosity | ● Independence | ● Overpopulation |
| ● Humor | ● Spontaneity | ● Energy | ● Gun Control |
| ● Empathy | ● Intelligence | ● Fame | ● Other? |
| ● Integrity | ● Intimacy | ● Nature | |
| ● Accountability | ● Teamwork | ● Spirituality | |
| ● Kindness | ● Wisdom | ● Vitality | |
| ● Fairness | ● Awareness | | |
| ● Honorability | ● Laughter | | |
| ● Humility | | | |
| ● Persistence | | | |


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## ACTIVITY: 2 – PERSONAL VALUES PRIORITIZER (TIME: 10-15 MINUTES)

Now that you've familiarized yourself with the full menu of personal core values, it's time decide what matters most to you. This is going to take some doing. Start pinpointing by listing 3-5 values in each of the first 3 columns for character, fulfillment and lifestyle. Then choose 1-2 social causes.

You may wish to stop there. However, I encourage you to keep going by determining your hierarchy. Your ultimate goal may be to prioritize a Top 10 list. So once clear about the values you value most, continue by comparing two values by asking, "If I had to choose one and compromise the second, which is more important to me?" Advance the winner up the list. You're fully capable of completing this activity however you see fit.

| CHARACTER | FULFILLMENT | LIFESTYLE | SOCIAL CAUSES |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| ***Notes: anything more about your personal values that you wish to define.*** | | | |

## KNOWING YOUR PERSONAL VALUES

You know yourself better than anyone. Hopefully, you now know yourself even better. Your values hierarchy is foundational to build your self-awareness. It can also serve as a guide for intelligent decision-making. You might also find it helpful to clarify your negative values for decisions you want to avoid making. Being able to consciously check situations against your value-system will lead to better decisions and results that make it easier to keep your balance in life.

While we're still at the very beginning of your Z-isms Life Upgrade, we'll be sure to revisit your values hierarchy, especially when we personalize your LEAP – Life Enrichment Action Plan – to affirm what matters most to you.

Nice work!


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