

Values Assessment

Circle all values that you identify with.

Acceptance	Determination	Innovation	Recreation
Accomplishment	Devotion	Inspiration	Reflective
Accountability	Dignity	Integrity	Respect
Accuracy	Discipline	Intelligence	Responsibility
Achievement	Discovery	Intensity	Results
Adaptability	Drive	Intuition	Rigor
Altruism	Effectiveness	Joy	Risk
Amusement	Efficiency	Justice	Satisfaction
Assertiveness	Empathy	Kindness	Security
Awareness	Empowerment	Knowledge	Self-reliance
Balance	Endurance	Leadership	Selfless
Boldness	Energy	Logic	Sensitivity
Bravery	Enjoyment	Love	Serenity
Calm	Enthusiasm	Loyalty	Service
Certainty	Equality	Mastery	Sharing
Challenge	Ethics	Meaning	Silence
Clarity	Experience	Openness	Simplicity
Comfort	Exploration	Optimism	Sincerity
Commitment	Expressiveness	Order	Skillfulness
Common sense	Fairness	Organization	Solitude
Communication	Focus	Originality	Spirituality
Community	Freedom	Passion	Spontaneity
Compassion	Friendship	Patience	Stability
Competence	Fun	Peace	Strength
Confidence	Generosity	Performance	Structure
Connection	Giving	Persistence	Success
Consciousness	Grace	Playfulness	Support
Consistency	Gratitude	Precision	Sustainability
Contentment	Growth	Presence	Teamwork
Contribution	Happiness	Productivity	Timeliness
Courage	Health	Prosperity	Tranquility
Creativity	Honesty	Purpose	Transparency
Curiosity	Imagination	Quality	Trust
Dedication	Independence	Realistic	
Dependability	Individuality	Recognition	

Values Based Wellness Goals

What are some themes you noticed?

List your top 3-5 values.

1.

2.

3.

4.

5.

What are your thoughts about the values listed as they relate to wellness? List 1-3 values-based wellness goals, and the values they relate to.

Goals

Values

1.

1.

2.

2.

3.

3.