



Helping people save themselves from the
lives they've created- through Coaching! ®

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Personal Values Test™

Name: _____

Date: _____

1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

Values form the foundation for all of your actions. These truths represent the essence of who you are. Print this off for use. For each question below, circle the number to the right that best reflects how you rate yourself for each question. Use the scale above to select the number.

My Values	Scale				
1. I know what my top 3 Core Values are.	1	2	3	4	5
2. My family and friends know what my Values are.	1	2	3	4	5
3. I have based my goals on my Values.	1	2	3	4	5
4. I test decisions based upon my Values.	1	2	3	4	5
5. I live my life based upon my Values.	1	2	3	4	5
6. When I reach a goal I feel fulfilled.	1	2	3	4	5
7. I discuss Values with friends, family and co-workers.	1	2	3	4	5
8. My friends share similar Values.	1	2	3	4	5
9. My work reflects my Values.	1	2	3	4	5
10. Others would say I live my life based upon my Values.	1	2	3	4	5

TOTAL:

Scores:

10-20 Time to pay serious attention to your Values.

21-30 Your focus on Values could stand some work.

31-40 You have made some great strides. Time for more?

41-50 You clearly live your Values and are reaping the rewards!

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List your top 3 Personal Values:

- 1.
- 2.
- 3.

Compare these Values to your personal career goals:

Goals

- 1.
- 2.
- 3.

Alignment with Values 1(best) - 5

- 1.
- 2.
- 3.

Test and see if your Personal Values are reflected by your current position. If not, what changes need to be made?

In you

- 1.
- 2.
- 3.

In your career

- 1.
- 2.
- 3.

What changes do you need to make based upon what you have discovered?

- 1.
- 2.
- 3.

It's all about alignment of Values. If you now see a disconnection between your Values and your current situation it can greatly affect your performance and passion. Make the changes necessary (in yourself and/or your career) in order to live a Values driven life!