

INSPIRE RESULTS

— Business Coaching —

Personal Values Ranking Tool

From the list of 50 values below, rate each one High, Medium, or Low, and then from the ones you rate High, choose the top five that you believe are most important for you. Those are YOUR values.

Values	Description	H-M-L Ranking	Top Five
Achievement	A sense of accomplishment, success, or contribution, doing work that yields results		
Advancement	Forward movement		
Adventure	New, exciting, and challenging experiences		
Ambition	Aspiring to promotion or progress		
Affection	Love, caring		
Artistic expression	Expressing one's artistic talents, artistry		
Autonomy	Receiving little or no input, supervision		
Beauty	Aesthetics in nature, art, or life		
Challenge	Doing tasks that are challenging, more difficult		
Compensation	Receiving adequate or above pay		
Competitiveness	Winning, taking risks		
Control	Ability to exercise power or authority over people, events, and outcomes		
Collaboration	Working with others		
Cooperation	Working well with others, teamwork		
Courageousness	Standing up for beliefs		
Creativity	Being imaginative, innovative, using your own ideas		
Discipline	Self-controlled, restrained		
Equality	Egalitarianism in life, equal opportunity for all		
Fame	Being famous, well known		
Family happiness	Nuclear and/or extended family that is happy		
Forgiving	Willing to forget a judgment of others		
Freedom	Independence, autonomy, free choice, self-reliant		
Friendship	Close relationships, companionship		
Happiness	Contentedness/being at peace with yourself		
Health	Being physically and mentally well		
Helpfulness	Assisting individuals or groups, improving society		

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Influence	Having the ability to affect people's opinions or ideas		
Inner Harmony	Being at peace with yourself and others, tranquility		
Integrity	Honesty, sincerity, genuineness		
Involvement	Participating with others, belonging		
Intellect	Conceptual, abstract, or symbolic		
Leadership	Inspiring, motivating, and leading others toward a vision		
Loyalty	Duty, respectfulness, obedience		
Leisure	Time away from responsibilities and work		
Order	Tranquility, stability, conformity		
Organization	Applying structure and order, coordinating, and sequencing people, things, and events.		
Peace	A world at peace, without war or conflict		
Personal development	Personal growth, learning, realizing potential		
Pleasure	Fun, laughs, an enjoyable, leisurely lifestyle		
Power	Control, authority, influence over others		
Prestige	Having high standing		
Recognition	Receiving credit for achievements, respect/attention from others, status		
Religion/Spirituality	Strong religious beliefs		
Salvation	Eternal peace		
Security	Safety, high probability of remaining employed		
Self-respect	Self-esteem, pride, sense of personal identity		
Utilization of your skills/background	Using your education, knowledge, and experience		
Wealth	Making money, getting rich		
Wisdom	Understanding life, discovering knowledge		
Variety	Doing different activities, moving between activities		
Write in Values	Feel free to write in any additional values that appeal to you		