

PERSONAL VALUES GRID NAME _____

1. List five goals you have achieved.
2. Check off the values involved in accomplishing each goal.
3. Add the total checked values. Place score in last column.
4. Circle the top five values with the most check marks.

		GOALS ACHIEVED					
		1.	2.	3.	4.	5.	Total Checks ↓
VALUE	DEFINITION	√	√	√	√	√	
Accomplishment	Knowing you've done well						
Altruism	Helping others						
Commitment	Feeling bound in mind or heart						
Creativity	Developing new ideas or things						
Education	Appreciating learning						
Faith	Loyalty to one's beliefs						
Family	Caring about close relatives						
Friendship	Based on mutual respect						
Hard work	Working hard, well and tirelessly						
Health	Emotional/physical well-being.						
Integrity	Behavior consistent with beliefs						
Justice	Fair treatment for all						
Love	Strong personal attachment						
Recognition	Gaining respect and admiration						
Wealth	Accumulating items of value						