



# values

## ASSESSMENT

**How it works:** There are 23 values listed\*, with an optional "fill in the blank." If you use the fill in the blank, cross off one of the other options. Set a timer for 2 minutes, and cross out 12 of the values to identify your top 12 values.

Take a deep breath in and out. Select a new cross pattern or new color. Set a 2 minute timer, and cross off 6 more values. The remaining are your top 6 values.

Breathe in and out for a 4-count. If you like, place your hands on your heart and settle in as you breathe in and out 3 more times. Slowly. Set a timer for 2 minutes and select your final 3 tiles.

Community	Power	Safety	Comfort
Freedom	Adventure	Generosity	Integrity
Loyalty	Family	Play	Education
Spirituality	Excellence	Respect	Creativity
Influence	Order	Popularity	Beauty
Relationships	Wealth	Balance	

WHAT ARE MY TOP THREE VALUES?

value

value

value