

LIFE VALUES INVENTORY

An Assessment of Values that guides behavior and Decision making

SECTION I

Values are beliefs that influence people's behavior and decision-making. For example, if people believe that telling the truth is very important, they will try to be truthful when they deal with other people.

On the following pages is a list of beliefs that guides people's behavior and helps them make important decisions. Read each one and then choose the response (1-5) that **best describes** how often the belief guides **your** behavior.

	Almost Never Guides My Behavior		Sometimes Guides My Behavior		Almost Always Guides My Behavior
1. Being healthy	1	2	3	4	5

If a belief in being healthy almost never guides your behavior, circle 1. If being healthy almost always guides your behavior, circle 5. If the best answer for you is between 1 and 5, circle the number 2,3, or 4 that **most accurately** describes how this belief guides your behavior.

Now you are ready to begin. Read each item carefully and circle only one response. Usually your first idea is the best indicator of how you feel. Answer every item. There are no right or wrong answers. Your choices should describe your own values, not the values of others.

PLEASE GO TO PAGE 2

VALUES	Almost Never Guides My Behavior		Sometimes Guides My Behavior		Almost Always Guides My Behavior
1. Challenging myself to achieve	1	2	3	4	5
2. Being liked by others	1	2	3	4	5
3. Protecting the environment	1	2	3	4	5
4. Being sensitive to others' needs	1	2	3	4	5
5. Coming up with new ideas	1	2	3	4	5
6. Having financial success	1	2	3	4	5
7. Taking care of my body	1	2	3	4	5
8. Downplaying compliments or praise	1	2	3	4	5
9. Being independent (doing things I want to do)	1	2	3	4	5
10. Accepting my place in my family or group	1	2	3	4	5
11. Having time to myself	1	2	3	4	5
12. Being reliable	1	2	3	4	5
13. Using science for progress	1	2	3	4	5
14. Believing in a higher power	1	2	3	4	5
15. Improving my performance	1	2	3	4	5
16. Being accepted by others	1	2	3	4	5
17. Taking care of the environment	1	2	3	4	5
18. Helping others	1	2	3	4	5
19. Creating new things or ideas	1	2	3	4	5
20. Making money	1	2	3	4	5
21. Being in good physical shape	1	2	3	4	5
22. Being quiet about my success	1	2	3	4	5
23. Giving my opinion	1	2	3	4	5

24. Respecting the traditions of my family or group	1	2	3	4	5
25. Having quiet time to think	1	2	3	4	5
26. Being trustworthy	1	2	3	4	5
27. Knowing things about science	1	2	3	4	5
28. Believing that there is something greater than ourselves	1	2	3	4	5
29. Working hard to do better	1	2	3	4	5
30. Feeling as though I belong	1	2	3	4	5
31. Appreciating the beauty of nature	1	2	3	4	5
32. Being concerned about the rights of others	1	2	3	4	5
33. Discovering new things or ideas	1	2	3	4	5
34. Being wealthy (having lots of money, land or livestock)	1	2	3	4	5
35. Being strong or good in a sport (being athletic)	1	2	3	4	5
36. Avoid credit for my accomplishments	1	2	3	4	5
37. Having control over my time	1	2	3	4	5
38. Making decisions with my family or group in mind	1	2	3	4	5
39. Having a private place to go	1	2	3	4	5
40. Meeting my obligations	1	2	3	4	5
41. Knowing about math	1	2	3	4	5
42. Living in harmony with my spiritual beliefs	1	2	3	4	5

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SCORING SUMMARY

Add up the ratings from pages 2, 3, and 4 for each question. Record the total scores for each letter below and in the SCORES column on page 6. This will give you your scores for the 15 major life values identified by this inventory.

A _____
Questions 1 + 15 + 29

H _____
Questions 8 + 22 + 36

B _____
Questions 2 + 16 + 30

I _____
Questions 9 + 23 + 37

C _____
Questions 3 + 17 + 31

J _____
Questions 10 + 24 + 38

D _____
Questions 4 + 18 + 32

K _____
Questions 11 + 25 + 39

E _____
Questions 5 + 19 + 33

L _____
Questions 12 + 26 + 40

F _____
Questions 6 + 20 + 34

M _____
Questions 13 + 27 + 41

G _____
Questions 7 + 21 + 35

N _____
Questions 14 + 28 + 42

LIFE VALUES INVENTORY

VALUES PROFILE

SCORES

- A** ☐ **ACHIEVEMENT**
It is important to challenge yourself and work hard to improve.
- B** ☐ **BELONGING**
It is important to be accepted by others and to feel included.
- C** ☐ **CONCERN FOR THE ENVIRONMENT**
It is important to protect and preserve the environment.
- D** ☐ **CONCERN FOR OTHERS**
The well-being of others is important.
- E** ☐ **CREATIVITY**
It is important to have new ideas or to create new things.
- F** ☐ **FINANCIAL PROSPERITY**
It is important to be successful at making money or buying property.
- G** ☐ **HEALTH AND ACTIVITY**
It is important to be healthy and physically active.
- H** ☐ **HUMILITY**
It is important to be humble and modest about your accomplishments.
- I** ☐ **INDEPENDENCE**
It is important to make your own decisions and do things your way.
- J** ☐ **LOYALTY TO FAMILY OR GROUP**
It is important to follow the traditions and expectations of your family or group.
- K** ☐ **PRIVACY**
It is important to have time alone.
- L** ☐ **RESPONSIBILITY**
It is important to be dependable and trustworthy.
- M** ☐ **SCIENTIFIC UNDERSTANDING**
It is important to use scientific principles to understand and solve problems.
- N** ☐ **SPIRITUALITY**
It is important to have spiritual beliefs and to believe that you are part of something greater than yourself.