

JOELLE JACKSON

CONSCIOUS LEADERSHIP COACHING

www.joellejackson.com

916-827-5252

VALUES ASSESSMENT

When was the last time you stopped and took the time to see if you are living in alignment with your values? Your values are the principles that shape WHO you are, and consequently WHAT you do and HOW you do it. To live in alignment with your values is to live in congruence or integrity. To be empowered by awareness, liberate your performance from the status quo, unleash your potential, and attain any of the goals that you are the most passionate about in life, it is important that you first start living in alignment with your values.

Your inner-genius beckons you. How much do you choose to listen to it instead of other influencers in your life? When you are in alignment with WHO you are at your core, your inner-genius, you will be able to create the life that you mostly passionately desire. To start, please circle below the top 10 values that are most important to you at your core.

1- What are your Top 10 values:

Abundance	Freedom	Physical Appearance
Accomplishments	Friendship	Power
Achievement	Fulfillment	Prestige
Adventure	Fun	Privacy
Aesthetics	Health	Professionalism
Altruism	Holistic Living	Recognition
Appearance	Honesty	Respect
Authenticity	Humor	Romance
Authority	Integrity	Safety
Autonomy	Influence	Security
Beauty	Intellectual Stimulation	Self-Care
Clarity	Intimacy	Self-Expression
Commitment	Joy	Self-Mastery
Communication	Leadership	Self-Realization
Competency	Leisure	Sensuality
Competition	Loyalty	Service
Connection	Management	Spirituality
Cooperation	Nature	Travel
Education	Openness	Trust
Emotional Health	Order	Truth
Environment	Partnership	Vitality
Excellence	Peace	Wealth
Family	Personal Growth	Walking the Talk
Flexibility		

2- From Your List of Top 10, what are your Top 5 values?

1. _____
2. _____
3. _____
4. _____
5. _____

3- Now that you are clear on what your Top values are, how about you discover how much your daily practices, from home to work and everything in between, are aligned with them? Below, please note on a scale of 1 to 10 how much you are acting on each of your Top 5 values. ('1' being the least and '10' being the most)

VALUE	On a score of 1 to 10, how much is this value part of your daily life?
1.	
2.	
3.	
4.	
5.	

4. How much clarity do you now have on your level of alignment with your Top values? How does it make you feel? What are you willing to start doing today to move closer to living your Top 5 values? How about you list 1 step you can take between now and two weeks to bring you closer to being in alignment with each of your Top 5 values?

VALUE	Your First Step Towards Alignment
1.	
2.	
3.	
4.	
5.	

5. To guarantee your success, how are you going to hold yourself accountable? Please explain and consider the following suggestions:

- 1-Accountability Partner _____
- 2- Reward _____
- 3-Other _____

**IF YOU'VE ENJOYED THIS ASSESSMENT AND WOULD LIKE TO EXPLORE MORE SELF-DISCOVERY TOOLS, MAKE SURE TO REACH OUT TO ME!
I WOULD LOVE TO HELP YOU LIBERATE YOURSELF FROM THE STATUS QUO.**