

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

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