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## Values Test™

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

*Values are the foundation for all of your actions and desires. These truths represent the essence of you. Print this off for use. For each question below, circle the number to the right that best reflects how you rate yourself for each question. Use the scale above to select the number.*

My Values	Scale				
1. I know what my top 5 Core Values are.	1	2	3	4	5
2. My family and friends know what my Values are.	1	2	3	4	5
3. I have based my goals on my Values.	1	2	3	4	5
4. I test decisions based upon my Values.	1	2	3	4	5
5. I live my life based upon my core beliefs.	1	2	3	4	5
6. When I reach a goal I feel fulfilled.	1	2	3	4	5
7. I discuss Values with friends, family and co-workers.	1	2	3	4	5
8. My friends share similar Values.	1	2	3	4	5
9. My work reflects my Values.	1	2	3	4	5
10. Others would say I live my life based upon my Values.	1	2	3	4	5

**Scores:**

**10-20** Time to pay serious attention to your Values.

**21-30** Your focus on your Values could stand some work.

**31-40** You have made some great strides. Time for more?

**41-50** You have made it an art. Time for you to provide leadership to others!

**List your 5 Core Values**

**Rate yourself on how you live by these 1(best)- 5**

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

**Now, take these 5 Core Values and compare them to your goals.**

**Goals:**

**Alignment with Values 1(best)- 5**

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

**What changes do you need to make based upon what you have discovered?**

- 1.
- 2.
- 3.
- 4.
- 5.

**Align your Goals with your Values and watch the great things that happen!  
Do it today! Carpe Diem!**

**Build on your Values even more with “*The Ethics Handbook*”- The daily guide to successfully face life’s toughest decisions.** This special e-book goes in-depth on topics related to Values. Click here- <http://www.TheBoylstonGroup.com/summit.htm> to learn more.

*Additional Resources:* <http://www.TheBoylstonGroup.com>  
Click here- <http://www.TheBoylstonGroup.com/about.htm> to learn about the author,  
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