

# 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.

	<b>Almost Never Guides My Behavior</b>		<b>Sometimes Guides My Behavior</b>		<b>Almost Always Guides My Behavior</b>
<b>1. Being healthy</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

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**

EXPLORATORY  
ADVISING

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

Inventory

Choose One



# EXPLORATORY

A D V I S I N G

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

# LIFE VALUES INVENTORY

## 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  $\frac{0}{\text{Questions 1 + 15 + 29}}$

H  $\frac{0}{\text{Questions 8 + 22 + 36}}$

B  $\frac{0}{\text{Questions 2 + 16 + 30}}$

I  $\frac{0}{\text{Questions 9 + 23 + 37}}$

C  $\frac{0}{\text{Questions 3 + 17 + 31}}$

J  $\frac{0}{\text{Questions 10 + 24 + 38}}$

D  $\frac{0}{\text{Questions 4 + 18 + 32}}$

K  $\frac{0}{\text{Questions 11 + 25 + 39}}$

E  $\frac{0}{\text{Questions 5 + 19 + 33}}$

L  $\frac{0}{\text{Questions 12 + 26 + 40}}$

F  $\frac{0}{\text{Questions 6 + 20 + 34}}$

M  $\frac{0}{\text{Questions 13 + 27 + 41}}$

G  $\frac{0}{\text{Questions 7 + 21 + 35}}$

N  $\frac{0}{\text{Questions 14 + 28 + 42}}$

# 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.