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 ad 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 bet 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					
2. Being liked by others					
3. Protecting the environment					
4. Being sensitive to others' needs					
5. Coming up with new ideas					
6. Having financial success					
7. Taking care of my body					
8. Downplaying compliments or praise					
9. Being independent (doing things I want to do)					
10. Accepting my place in my family or group					
11. Having time to myself					
12. Being reliable					
13. Using science for progress					
14. Believing in a higher power					
15. Improving my performance					
16. Being accepted by others					
17. Taking care of the environment					
18. Helping others					
19. Creating new things or ideas					
20. Making money					
21. Being in good physical shape					
22. Being quiet about my success					
23. Giving my opinion					

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

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	H
Questions 1 + 15 + 29	Questions 8 + 22 + 36
B Questions 2 + 16 + 30	Questions 9 + 23 + 37
C	J
Questions 3 + 17 + 31	Questions 10 + 24 + 38
D	K
Questions 4 + 18 + 32	Questions 11 + 25 + 39
E	L
Questions 5 + 19 + 33	Questions 12 + 26 + 40
F	M
Questions 6 + 20 + 34	Questions 13 + 27 + 41
G	N
Questions 7 + 21 + 35	Questions 14 + 28 + 42

LIFE VALUES INVENTORY VALUES PROFILE

	000DE0				
	SCORES	2			
Α		ACHIEVEMENT			
		It is important to challenge yourself and work hard to improve.			
D		REL ONOMO			
В		BELONGING			
	—	It is important to be accepted by others and to feel included.			
С		CONCERN FOR THE ENVIRONMENT			
		It is important to protect and preserve the environment.			
П					
U		CONCERN FOR OTHERS			
		The well-being of others is important.			
Ε		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.			
н					
		HUMILITY			
		It is important to be humble and modest about your accomplishments.			
		INDEPENDENCE			
		It is important to make your own decisions and do things your way.			
1		LOYALTY TO FAMILY OR GROUP			
U		It is important to follow the traditions and expectations of your family or group.			
Κ		PRIVACY			
		It is important to have time alone.			
I.		RESPONSIBLITY			
		It is important to be dependable and trustworthy.			
		it is important to be dependable and it doworthy.			
Μ		SCIENTIFIC UNDERSTANDING			
		It is important to use scientific principles to understand and solve problems.			
Ν		SPIRITUALITY			
		It is important to have spiritual beliefs and to believe that you are part of			
		something greater than yourself.			
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