**Values Assessment Worksheet**

“Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.” Ellen DeGeneres

“I have learned that as long as I hold fast to my beliefs and values - and follow my own moral compass - then the only expectations I need to live up to are my own.” Michelle Obama

“I'm just going to say it: I'm pro-guilt. Guilt is good. Guilt helps us stay on track because it's about our behavior. It occurs when we compare something we've done - or failed to do - with our personal values.” Brene Brown

“If you don't stick to your values when they're being tested, they're not values: they're hobbies.” Jon Stewart

“Don't try to be somebody you're not because it doesn't work. If you try to be this perfect person or perfect persona of what you think that somebody should be when they're involved in public office, it's just not going to work. Just be yourself, stay true to your core values, and really just stay abreast of the issues.” Ben Quayle

1. Choose your top ten values and get ready to play a game.

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| **Word** | **Number of Points** |

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Re-order your words

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SMART Goals

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Short term goal (1-4 weeks)

Medium term goal (6-12 months)

Long term goal (1-5 years)