



ADVANCED HEALTH SERVICES, LLC

Email: advancedhealth14@gmail.com

Website: www.OurAdvancedHealthServices.com

Phone: 561-596-7581 FAX: 561-355-5155



NAME: _____ DATE: _____

IDENTIFY YOUR CORE VALUES:

A **value** can be defined as a principle, standard, or quality considered worthwhile or desirable. In other words, your **core values** are the things you find most important in your life. Values vary from one person to another.

Instructions: Read the list below and put a check next to your **top ten values**.

Below is a list of potential values, you may wish to add some more.

- Acceptance
- Activity
- Affection
- Achievement
- Adventure
- Affiliation
- Aging
- Approval
- Belief
- Calmness
- Career
- Caution
- Change
- Common Sense
- Compassion
- Confidence
- Contentment
- Control
- Coping
- Commitment
- Communication
- Competition
- Consistency
- Contribution
- Cooperation
- Courage
- Decisiveness
- Dignity
- Discipline
- Determination
- Efficiency
- Endurance
- Enthusiasm
- Exercise

- ___ Flexibility
- ___ Encouragement
- ___ Energy
- ___ Excellence
- ___ Faith
- ___ Focus
- ___ Forgiveness
- ___ Freedom
- ___ Friends
- ___ Fun
- ___ God
- ___ Growth
- ___ Guidance
- ___ Happiness
- ___ Harmony
- ___ Health
- ___ Honesty
- ___ Hope
- ___ Humor
- ___ Imagination
- ___ Independence
- ___ Initiative
- ___ Intimacy
- ___ Intelligence
- ___ Investments
- ___ Joy
- ___ Justice
- ___ Knowledge
- ___ Leadership
- ___ Love
- ___ Maturity Sharing
- ___ Morality
- ___ Motivation
- ___ Objectivity
- ___ Open-Mindedness
- ___ Optimism
- ___ Opportunity
- ___ Organization
- ___ Parenting
- ___ Patience
- ___ Perfection
- ___ Persistence
- ___ Philosophy
- ___ Purpose
- ___ Relationships
- ___ Relaxation

- ___ Religion
- ___ Respect
- ___ Responsibility
- ___ Resourcefulness
- ___ Risk
- ___ Self-Acceptance
- ___ Self-Knowledge
- ___ Simplicity
- ___ Spirituality
- ___ Security
- ___ Self-Esteem
- ___ Sexual-Fulfillment
- ___ Sincerity
- ___ Strength
- ___ Structure
- ___ Success
- ___ Support
- ___ Trust
- ___ Understanding
- ___ Values
- ___ Wealth
- ___ Wisdom
- ___ _____
- ___ _____
- ___ _____

Instructions: List the top ten values and **prioritize** them based on their importance to you. Test your order of importance with the following questions: Test your order of importance with the following questions: “If I had to choose between number 1 and 2 listed as priority which one will I choose as more valuable for me?” fill in accordingly with the top choice first. If I had to choose between number 2 and 3 listed as priority which one will I choose as more valuable for me?” fill in accordingly with the top choice first.

Example: if you listed “attractive” as the number-one trait you want in a man/woman the second, you listed “intelligent”, then ask yourself, “If I had to choose between a attractive man/woman or an intelligent man/woman, which one would I choose?” If you say attractive, then that is your top priority.

Next, compare quality 2 (“Intelligent”) with quality 3 (“Funny”) and follow the same process: “If I had to choose between an intelligent man/woman or a funny, which one would I choose?” If your answer is a “funny man/woman” then place “Funny” at number 2 and drop Intelligent to number 3. Do this all the way through your top ten list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Important point: Always be on the lookout for a partner who has the same values and ideas of success as you do. Never allow yourself to have your accomplishments measured by someone else’s standards in order to be accepted or seen as successful by the opposite sex. You need to be a success according to your own standards.