



# know yourself

## SELF-ASSESSMENT 1

### What Are My Values?

This list presents a wide variety of values. Place a check mark in the spaces next to the ten values that are the most important to you. Then go back over these ten values and rank the top five.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> having good friendships and getting along well with people         | <input type="checkbox"/> feeling secure                         | <input type="checkbox"/> being happy  |
| <input type="checkbox"/> having a positive relationship with a spouse or a romantic partner | <input type="checkbox"/> being a great athlete                  | <input type="checkbox"/> enjoying leisure time                                  |
| <input type="checkbox"/> self-respect   | <input type="checkbox"/> being physically attractive            | <input type="checkbox"/> being a good citizen and showing loyalty to my country |
| <input type="checkbox"/> being well-off financially   | <input type="checkbox"/> being creative                         | <input type="checkbox"/> living a healthy lifestyle                             |
| <input type="checkbox"/> having a good spiritual life                                       | <input type="checkbox"/> having freedom and independence        | <input type="checkbox"/> being intelligent                                      |
| <input type="checkbox"/> being competent at my work   | <input type="checkbox"/> being well educated                    | <input type="checkbox"/> family relationships                                   |
| <input type="checkbox"/> having the respect of others                                       | <input type="checkbox"/> contributing to the welfare of others  | <input type="checkbox"/> honesty and integrity                                  |
| <input type="checkbox"/> making an important contribution to humankind                      | <input type="checkbox"/> having peace of mind                   | <input type="checkbox"/> dedication and commitment                              |
| <input type="checkbox"/> being a moral person   | <input type="checkbox"/> getting recognition or becoming famous | <input type="checkbox"/> having personal responsibility                         |
|   |   | <input type="checkbox"/> other values   |

My five most important personal values are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

As you review your selections, think about how you got these values. Did you learn them from your parents, teachers, or friends? Did you gain them from personal experiences? How deeply have you thought about each of these values and what they mean to you? Think about whether your actions support your values. Are you truly living up to them? Do they truly reflect who you are?

### Clarify Your Values

- Examine how your values relate to college success.
- Forge positive academic values.

