

## My Life Values (E. Sandell)

### Based on MyLifeValues Inventory

Crace, R. K. and Brown, D. 2012. Life Values Inventory Online. Williamsburg, VA: Applied Psychology Resources, Inc. Accessed June 11, 2014 at <http://LifeValuesInventory.org>

Green – high priority

Orange – over-attention

Brown – under attention

Blue – medium/low

SCORE	VALUE
15	<b>PRIVACY</b> to have time alone; time to myself; quiet time to think; a private place to go.
15	<b>SPIRITUALITY</b> to have spiritual beliefs that reflect being a part of something greater than my self; believe in a higher power; live in harmony with my spiritual beliefs.
13	<b>ACHIEVEMENT</b> to challenge myself to achieve; work hard to improve my performance; do better.
13	<b>RESPONSIBILITY</b> to be dependable, reliable, and trustworthy; meet my obligations.
12	<b>FINANCIAL PROSPERITY</b> to be financially successful; make money; be wealthy.
12	<b>INDEPENDENCE</b> to have a sense of autonomy; be independent; give my opinion; control my time, decisions and actions.
14	<b>CREATIVITY</b> to have new ideas; create new things; be creatively expressive; come up with new ideas; discover new things or ideas.
13	<b>CONCERN FOR OTHERS</b> to pay attention to the well-being of others; help others; be sensitive to others' needs; be concerned about the rights of others.
11	<b>CONCERN FOR ENVIRONMENT</b> to protect and preserve the environment; appreciate nature's beauty.
5	<b>HEALTH &amp; ACTIVITY</b> to be healthy and physically active; take care of my body; be in good physical shape.

13	<b>INTERDEPENDENCE</b> to follow the expectations of my family, social group, team or organization; accept my place in my family or group; respect the traditions of my family or group; make decisions with my family or group.
7	<b>OBJECTIVE ANALYSIS</b> to use logical principles to understand and solve problems; rely on objective facts; rely on logic to solve problems; be analytical.
6	<b>BELONGING</b> to be accepted by others; feel included; be liked by others; feel as though I belong.
4	<b>HUMILITY</b> to be humble and modest about my accomplishments; downplay compliments or praise; be quiet about my successes; avoid credit for my accomplishments.