

ELEVATE *to* Activate:

Highest Values Assessment

1. Think about the space around you. What do you keep close? What can you not live without? What do you drive back to the house when you forget it?

2. Think about your average day. What top 3 things are you doing? Why are these important?

3. Think about what gets you up and moving. What gets you excited to get out of bed? What's the last thing you want to do before going to sleep?

4. When you have a windfall, where do you choose to spend your "extra money" to invest in your life? Debt doesn't count.

5. Think about where you crave structure. What top 3 areas of your life do you ensure are "put together?"

6. Think about when others call on you for support. Where are you considered dependable and accountable for what you do?

7. When your thoughts get away from the reality of life, where do they take you?

8. Reflect on your life. What have you worked for in your past? What are you proud of achieving?

9. What would you do if you won the lottery? What is more of what you already have?

10. Think about the last get together you attended. What did you want to share from your life with others?

11. What are the moments that have inspired you to follow someone's example?

12. Think about when you were a child, teenager or young adult. What has come to fruition from your experiences?

13. What are you drawn to learning, reading or watching on Facebook, internet, tv, books, etc.?

Using different colors, identify the areas of your life which you see patterns or relationships to determine your top 3 highest values.

Add these top 3 Values to page 5 of your Elevate to Activate workbook.