
Values assessment

free report

10-24-2023

"All decision-making is a values-clarifying exercise."

Tony Robbins

your online result



Growth

physical, intellectual and spiritual development

01

Info

Growth is an integral part of every person's life. The power of development lies in the ability to independently decide on its direction. It allows us to achieve personal desires and become what we want to be.

Strengths

People interested in growth are very conscious about achieving their goals. They believe in their abilities and do not avoid the necessary effort.

Risks

It may happen that the existing environment does not provide opportunities for further growth. In such cases, there is a feeling that you are not using your full potential.

Questions

To what extent are you realizing your potential?

In what area are you currently developing the most?

Is your environment conducive to development?



Inner harmony

balance, self-fulfilment

02



Info

Internal harmony and balance allow you to find relief in the hustle and bustle of the surrounding world. Thanks to them, we can still enjoy small things. Self-awareness is an important element on the way to achieving inner balance.

Strengths

Those who value inner harmony are generally people who are aware of their own values. They avoid extreme emotions and follow their own path.

Risks

Finding your inner balance requires being honest with yourself. Sometimes you have to answer difficult or uncomfortable questions.

Questions

How has finding inner balance changed your approach to life?

What has helped you find inner balance?

How do you take care to maintain your inner harmony?

Independence

self-reliance, self-sufficiency

03

Info

Independence gives a sense of security and control. It also creates favourable conditions for growth. Those who value independence are reluctant to give control over their life to someone else.

Strengths

Independent people trust their own choices the most. They can solve problems on their own. They value freedom of action very much.

Risks

Trusting someone else can be problematic and create feelings of insecurity.

Questions

What does independence allow you to do?

When was the last time you felt dependent on someone?

What are you currently doing to increase your independence?



Health

well-being, fitness, not being sick

04

Info

Those who value health take conscious actions to maintain physical and mental fitness. They do not shy away from practicing sports and are happy to follow a healthy diet. They are aware of the consequences of insufficient health care.

Strengths

People who care about health are often disciplined and systematic. Caring for health manifests itself in many elements of their everyday life.

Risks

In extreme cases, excessive interest in your health can cause harmful fears and concerns.

Questions

When was the last time you had a checkup?

What do you plan to eat during the day?

How much time per week do you spend on physical activity?



Wisdom

making good decisions and judgements

05

Info

Wisdom comes from the knowledge and experience gained in life. It allows to objectively assess the situation and make the right choices. It is also a mature way of looking at the world and other people.

Strengths

Wise people can anticipate the long-term consequences of difficult decisions. They are always interested in expanding their knowledge.

Risks

Besides relying on your own wisdom, it's important to stay open to other people's wisdom. You can learn a lot from their experiences.

Questions

How many wise people do you know?

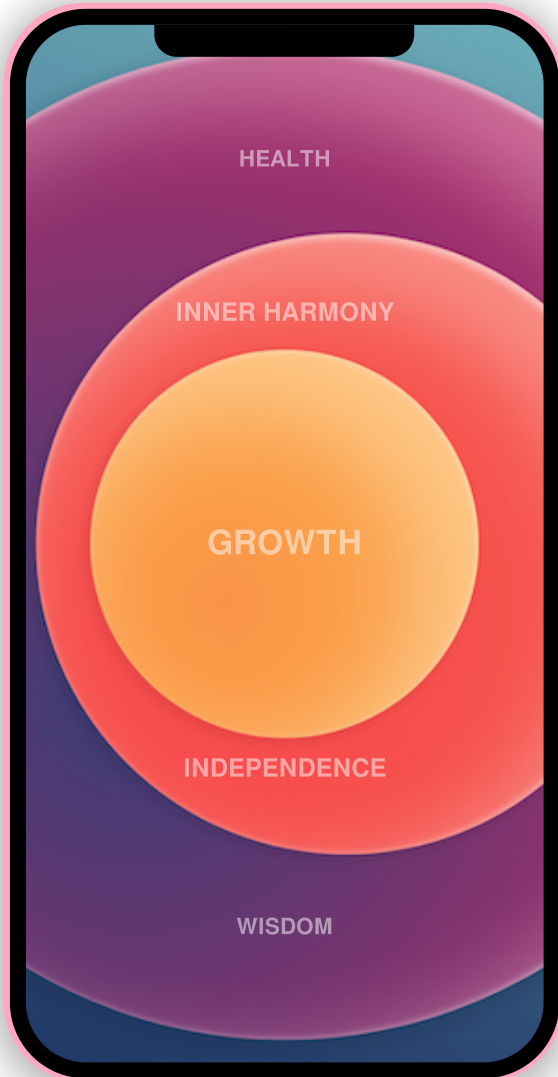
What have you recently learned from your mentor?

In what ways do you care about becoming wiser?



Phone wallpaper

Your values always with you



The average user checks his smartphone 110 times a day.

What happens if you can remind yourself of your values every time you use your phone?

We have just prepared a wallpaper with your most important values. Do you want to try it out?

"Your fundamental values are ideas you need to carry with you, in your head and heart; if there are too many to immediately remember, then they can't matter enough to you."

Mandeep Rai, The Values Compass

scan to download



Result cards

always close to you

If you want to live up to your values, you need to remember them. It seems obvious, but many people don't pay enough attention to it. Just preparing a list of personal values is barely the beginning. Real change comes in small everyday steps.

Try to remember the five most important values. To help yourself with this, you can print this sheet and cut out the cards with your values. Keep this cards with you at all times.

You should be as close as possible to the values you choose in the first days after preparing the list. Make reading your list one of the first things you do in the morning and the last thing you do before falling asleep.

If you remain aware of your values, you'll increase your chances of making favorable choices. A personal list of values can be a compass, which in moments of doubt will remind you in which direction you want to go. Use this knowledge as often as possible. For almost every daily activity and choice. Thanks to this, you will avoid the wrong paths or going around in circles.

I'm glad to support you.



Place it in your wallet



Place it on the nightstand



Pin it on the fridge



Pin it on a cork board

DATE
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TOP VALUES

Personal Values
personalvalu.es

1. Growth
2. Inner harmony
3. Independence
4. Health
5. Wisdom

Your result



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Your result



Extended result

Unlock your potential with a deeper understanding of your core values

"Values are the guiding principles in our lives, they shape our actions, decisions and ultimately our destiny."

Tony Robbins

Unlock your potential

Are you feeling lost or unfulfilled in your personal and professional life?

Do you struggle to set and achieve meaningful goals?

The key to unlocking your full potential and finding true fulfillment may lie in understanding your core values. Extended personal values result delves deep into your needs, values and motivations, to provide you with a comprehensive understanding of what truly matters to you.

With this knowledge, you will be able to make more confident decisions, set and achieve more meaningful goals, and live a life that is true to yourself.

Don't let another day go by feeling unfulfilled or unsure of your path. Take the first step towards realizing your true potential today with extended personal values result.

"When your values are clear to you, making decisions becomes easier."

Roy Disney

What you get

- ✓ Result analysis powered by AI **New**
- ✓ PDF result summary. **New**
- ✓ Identify the hierarchy of your basic needs. **New**
- ✓ Values Diagram with described relationships.
- ✓ A result including your top 10 values.
- ✓ A list of related values, but not chosen by you.
- ✓ An email with lifetime access to your result.
- ✓ 14-day money-back guarantee.
- ✓ Access to all future updates and new features.
- ✓ Secure payment processed by **stripe**

extend your result

