



My Top Ten

THE GOAL: Identify your Current Top Ten Values and their present level of importance to you.

INSTRUCTIONS: In the table below, list the values you selected from the list on page 3. On a scale of 1 (Seldom) to 5 (Almost Daily), rate next to each value how often you feel you currently use the value in your personal and professional life.

Value	Rate (1-5)	Value	Rate (1-5)

Circle or highlight the ten highest rated values from your list. If you have a tie for your tenth spot, consider which of the values you could most *not* live without.

Review the Top 10 Values you identified. How well do they fit you?
