

Rate each value on a scale of 1 to 10 based on its importance in your life (1= not at all, 10 = extremely). Then, in the second column, rate each value based on how often your child compromises or violates your value (1 = never, 10 = always).

<u>Value</u>	<u>Value Rating</u> (1 to 10)	<u>Value Violated</u> (1 to 10)
Accomplishment	_____	_____
Abundance	_____	_____
Achievement	_____	_____
Adventure	_____	_____
Altruism	_____	_____
Autonomy	_____	_____
Beauty	_____	_____
Clarity	_____	_____
Commitment	_____	_____
Communication	_____	_____
Community	_____	_____
Connecting to Others	_____	_____
Creativity	_____	_____
Emotional Health	_____	_____
Environment	_____	_____
Excellence	_____	_____
Family	_____	_____
Flexibility	_____	_____
Freedom	_____	_____
Friendship	_____	_____
Fulfillment	_____	_____
Fun	_____	_____
Holistic Living	_____	_____
Honesty	_____	_____
Humor	_____	_____
Integrity	_____	_____
Intimacy	_____	_____
Joy	_____	_____
Leadership	_____	_____
Loyalty	_____	_____
Nature	_____	_____
Openness	_____	_____
Orderliness	_____	_____
Personal Growth	_____	_____
Partnership	_____	_____
Physical Appearance	_____	_____

Power	_____	_____
Privacy	_____	_____
Professionalism	_____	_____
Recognition	_____	_____
Respect	_____	_____
Romance	_____	_____
Security	_____	_____
Self-Care	_____	_____
Self-Expression	_____	_____
Self-Mastery	_____	_____
Self-Realization	_____	_____
Sensuality	_____	_____
Service	_____	_____
Spirituality	_____	_____
Trust	_____	_____
Truth	_____	_____
Vitality	_____	_____
Work Ethic	_____	_____

Mary Ann C. Palmer
 Certified Professional Coach
MaryAnnCPalmer.com
 MaryAnn@MaryAnnCPalmer.com