

Core Values Assessment Matrix

(Based on a prioritization system by Richard Bolles)

Step 1. Fill in your top 10 Core Personal Values. (No need to prioritize them).

Value #1 _____	Value #6 _____
Value #2 _____	Value #7 _____
Value #3 _____	Value #8 _____
Value #4 _____	Value #9 _____
Value #5 _____	Value #10 _____

Step 2. Using the numbers from the list above, compare each value to every other value. In each cell of the table below circle the number of the value that feels more aligned with your Essence.

A	B	C	D	E	F	G	H	I
1 2								
1 3	2 3							
1 4	2 4	3 4						
1 5	2 5	3 5	4 5					
1 6	2 6	3 6	4 6	5 6				
1 7	2 7	3 7	4 7	5 7	6 7			
1 8	2 8	3 8	4 8	5 8	6 8	7 8		
1 9	2 9	3 9	4 9	5 9	6 9	7 9	8 9	
1 10	2 10	3 10	4 10	5 10	6 10	7 10	8 10	9 10

Step 3. Now count the number of times each number is circled and enter that number beside the value below.

Value #1 _____	Value #6 _____
Value #2 _____	Value #7 _____
Value #3 _____	Value #8 _____
Value #4 _____	Value #9 _____
Value #5 _____	Value #10 _____

Step 4. Now re-list your values in order of priority based on the number of circles. If any of your values have the same number of circles, go back to the grid above and find the box where you compared them. The number you circled in that box is the higher ranking value.

Value #1 _____	Value #6 _____
Value #2 _____	Value #7 _____
Value #3 _____	Value #8 _____
Value #4 _____	Value #9 _____
Value #5 _____	Value #10 _____

Step 5. Now list just the top four values.

Value #1 _____

Value #2 _____

Value #3 _____

Value #4 _____

Step 6. Do an intuitive body/mind/spirit check in. Do the values listed feel right? How do you feel when you claim these four values? Your intuition is your final test. If it feels right, go with it. On the back of this sheet write your top four Core Personal Values in big bold letters.

My Core Personal Values Are:
