

Personal Values Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

Choose one personal value or guiding principle you would like to reflect on. You may use your own words. Think about the past 30 days and one possible step in the next seven days. Every question is optional. Share only what you are comfortable sharing; do not include identifying details about other people.

1. What one personal value or guiding principle would you like to reflect on, and what does it mean to you? Use your own words and leave out private identifying details.

2. Thinking about the past 30 days, how clear was this value to you when making everyday choices?

- ☐ Very clear
- ☐ Somewhat clear
- ☐ Neither clear nor unclear
- ☐ Somewhat unclear
- ☐ Very unclear
- ☐ I had not thought about it
- ☐ Prefer not to answer

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3. During the past 30 days, how often did you notice an opportunity to act on this value?

- ☐ Very often
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never
- ☐ Not sure
- ☐ Prefer not to answer

4. Describe one recent choice that showed this value or made it difficult to act on. Please do not identify other people.

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5. What would be the biggest obstacle to taking a small step connected with this value in the next seven days?

- ☐ Limited time
- ☐ Limited resources
- ☐ Competing responsibilities
- ☐ Not knowing what step to take
- ☐ Lack of support
- ☐ Another obstacle
- ☐ No major obstacle
- ☐ Not sure
- ☐ Prefer not to answer

6. What would help you most with that step?

- ☐ Setting aside a specific time
- ☐ Making the step smaller
- ☐ Finding useful information
- ☐ Asking someone for support
- ☐ Having a reminder
- ☐ Another kind of support
- ☐ I do not need additional support
- ☐ Not sure
- ☐ Prefer not to answer

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7. What is one small action you could choose to take in the next seven days? It is also okay to leave this blank or decide not to set an action.
