


THE VALUES QUIZ

DOUBLE DOWN ON
YOUR UNIQUE EXCELLENCE
AND CREATE MORE OF WHAT
MATTERS MOST

*Alexandra
Jamieson*



Your values are what you believe matter most in life. We all have different values, and some common values are love, success, friendship, intelligence, and respect.

When you know your values, you become more productive, less stressed, and making decisions gets easier.

Successful, achievement-oriented people connect with their values regularly to create a sense of alignment and a deep sense of satisfaction.

In short, creating a life where you feel integrated and satisfied is possible when you know and use your values on a regular basis.

Here are some evidence-based benefits of knowing your values:

- a connection to self-respect
- they help you get clear about what you want and make decisions easier
- stress reduction
- your values can help you define boundaries and stand up for them
- they help you stay focused and motivated
- when you live by your values, it helps you feel valuable, which can be a great source of confidence when it comes to negotiations, pricing your work, and more.

When we use our values to make decisions, we make a deliberate choice to focus on what is important to us.

Studies from University of Colorado, Stanford, and Johns Hopkins show that identifying and writing about your values helps reduce stress, increase creative thinking skills, and removes self-doubt.

This quiz and writing exercise that follows will give you a clear roadmap to confidence and clarity in your daily life.

So here we go:

Let's determine your core values.

QUIZ PART

01

Circle all the values from this list that resonate with you. Don't overthink your choices. As you read through the list, simply pick the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, add it to your list!

Abundance	Abundance means an overflowing fullness; or more than adequate supply. Those that appreciate the truly important things in life – often the little things – understand this concept very well.
Acceptance	When you accept yourself and others the way they are. Akin to being "non-judgmental" but rather embracing people and situations for their positive attributes as well as faults.
Accountability	Responsibility and reliability are important to you. Accountability means more than just doing your job. You often feel an obligation to make things better, or pursue excellence.
Achievement	Completing goals brings you an incredible sense of satisfaction. You relish the possibility to set a goal, taken steps towards it and actually do what you set out to do.
Adventure	Challenges that require you to learn new things, and experiences that expand and broaden your mind help you learn new and unique things which were unknown before.
Advocacy	Actively supporting ideas that are important to you, such as a cause, idea, movement, or policy.
Ambition	A strong drive for success. An energy and attitude that leads you to triumph over challenges, and accomplishment of your goals.
Appreciation	The act of giving people and things their proper respect and value, appreciation is akin to gratitude and acceptance.
Authenticity	Authenticity, at its core, is being your true, honest self. It's being comfortable not just with who you truly are – which isn't necessarily the same as who you think you are – but also being willing to be that person to the best of your ability.
Autonomy	Your ability to freely have and make choices, and the knowledge that you are the source of your own actions is important to you.
Balance	You endeavor to spend your time, energy, and resources in a way that allows you to express most of your core values, and you make time for what matters most.
Being the Best	The step-by-step process of self-improvement and personal excellence are important to you and bring you deep satisfaction.
Benevolence	You have a deep, natural concern about the welfare of others. Cooperation, and mutually supportive social relations, being helpful, and loyal may also feel like high priorities.
Boldness	You take courageous action even in the face of fear or conventional thought.
Brilliance	Standing out and being seen as exceptional is a personal achievement.
Calmness	You prioritize drama-free relationships and communication, and appreciate kind words, deeds, and thoughts.
Caring	Showing compassion and love through words, deeds, and thoughts is important to you.
Challenge	You enjoy summoning your strengths to overcome, and special effort to achieve something special.
Charity	Being generous, and giving to causes you care about, is deeply important to you.
Cleverness	You prioritize a quick intelligence, witty language, and unique creative ideas.
Collaboration	You willingly engage in creative work with others and enjoy finding new solutions together.
Commitment	You have a deep willingness to stick to your own passions and principles in the face of adversity.
Community	Building and maintaining interwoven relationships is important to you.
Compassion	You feel genuinely concerned about others needs, and can suspend judgment and appreciate others' perspectives or situations when they are different from your own.

Contribution	Giving money, time, or personal ideas to something bigger or other than yourself feels deeply important to you.
Cooperation	You believe in working well with others for mutual benefit.
Creativity	Coming up with new ideas, solutions, ways of doing, and living life bring meaning and joy to your life.
Curiosity	You have an innate desire to understand how things and people work. You enjoy learning new things and skills, and like to know about other people, their thoughts, and experiences.
Daring	Boldness, adventure, and courageous action light you up.
Dedication	You are loyal, bind yourself emotionally, physically, and principally to a course of action, a belief, or people.
Dependability	You are trustworthy and reliable. People know you will show up when you say you will.
Diversity	You believe that different points of views and experiences are worthy of expression, protection, and respect. You appreciate other perspectives.
Empathy	You are able to understand other people's perspectives or circumstances even if you don't agree with how they feel about it. You are curious and desire to know and understand others.
Encouragement	You enjoy expressing approval and support to others, giving courage, confidence, and hope.
Enthusiasm	Bringing energy that kindles effort toward an achievement or a creative pursuit motivates you.
Ethics	You believe conducting yourself and your work with moral principles is important to creating fairness and equality across all aspects of life.
Excellence	Bringing your best to every project, interaction, and personal action is what you strive for. Excellence is the pursuit of highest quality, whereas perfection is an unattainable, unsustainable thing you strive for when trying to prove yourself.
Expressiveness	Effectively conveying thoughts or feelings, being articulate, is a highly rated belief for you.
Fairness	You strive to create an environment free of discrimination and dishonesty so that decision-making and achievement is fair.
Family	Your chosen or birth family are primarily important in how you spend your time, resources, and energy.
Freedom	Having choice to determine the course of your life is deeply important to you. Bodily autonomy, intellectual liberty, and exemption from interference are also top priorities to you.
Friendships	You spend time and energy with people who honor your boundaries, personality, accept you for who you are, and make you feel good about who you are. It is a mutual connection built on trust and enjoyment of each other.
Fun	You enjoy humor, playfulness, and lightness. The whole range of human emotions is important to you.
Generosity	You're ready to give with kindness, encouragement, and love, and believe that contributing to other people is important.
Grace	You believe in giving people the benefit of the doubt, extending generously, and offering love and support freely.
Gratitude	You believe in appreciating what you already have, and acknowledging the strengths and contributions of others.
Growth	You harness your strengths and resources to implement your intentions, move beyond old habits, and create new ways of being, doing, and achieving.
Happiness	You see that pleasure, contentment, and joy have their own ROI in life. From the oxytocin boosting effects of laughter to a safe and enjoyable work culture, happiness as a value helps people feel welcome, considered, and important.
Health	A well body, mind, and spirit are your foundation for a good life. When you feel well and whole, you have the inner resources to achieve and contribute.
Honesty	Truthfulness, sincerity, and freedom from deceit are important to your sense of authenticity and self-trust.
Humor	Humor can be used to make others feel good, to create intimacy, or to help buffer stress. Along with gratitude, hope, and spirituality, a sense of humor belongs to the set of strengths known as transcendence; together they help us forge connections to the world and provide meaning to life.

Inclusiveness	You believe everyone is able to be their best self and experience the full richness of their life as when no one feels the need to suppress who they are.
Independence	You believe in taking responsibility for being self-directed in your thinking and actions.
Individuality	You admire what makes people unique and respect that which makes you and others different.
Innovation	Fostering creativity and out-of-the-box thinking are worthy of your support.
Inspiration	You enjoy ideas that awaken new possibilities and allow people to transcend ordinary experiences and limitations.
Intelligence	You appreciate yourself and others for being able to learn, understand, and find solutions that help.
Intuition	You put faith in keen, quick insights, and believe in trusting yourself and others' abilities to make seemingly unsubstantiated connections .
Joy	You embrace real contentment not because you are happy, but you have reached a destination within yourself that creates a profound peace and hope.
Kindness	You emphasize trust, honesty, integrity, and respect in thought, word, and action.
Knowledge	You believe truth, facts, and experience are important to making good choices and thinking critically.
Leadership	You believe it's worthwhile to guide and facilitate others to make a positive difference in their own lives and to contribute to a larger good.
Learning	Acquiring skills and knowledge is fundamental to human flourishing.
Love	High-trust, intimate, and authentic relationships with people are important to you.
Making a Difference	By increasing the quality of life, in whatever ways we can, for as many people as we can, we contribute something very valuable.
Mindfulness	Paying attention, on purpose, in the present helps you connect with what's truly important in any given moment.
Open-Mindedness	You appreciate looking at challenges and issues through different perspectives and find benefits in learning different opinions. Even if you don't think you will agree with an idea or concept, considering it and be willing to entertain a variety of ideas is a helpful.
Optimism	Responding to situations and challenges with an attitude that things can be figured out leads to emotional well-being and fosters better relationships.
Originality	You believe in being authentic to who you are by being unique in what you do and how you do things. You're willing to walk your own path and stray from what everyone else seems to be doing.
Passion	Internal motivation, an energy that comes from within, not forced on you from without, coupled with a deep caring.
Peace	You engage in ways of thinking and acting to create freedom from abuse, ill-treatment, stress and anxiety. When we have peace in our lives, we feel a sense of calm, tranquillity, and harmony.
Perseverance	People who achieve success have undoubtedly failed more often throughout their lives than many others have even tried. It is easy to quit, but perseverance pays off.
Personal Development	Investing in learning new ways to think, act, and achieve are exciting and rewarding for you. Self-awareness and a love of learning have helped you achieve and heal in your life.
Playfulness	You really appreciate a good break from hard work to have a laugh, let of steam, and be creative. Letting your mind relax is healthy in order to be really effective once you get back to work.
Power	The ability to do and act are highly important to you. You also actively support others in accomplishing their goals.
Quality	You receive great satisfaction from providing excellent products or experiences.
Recognition	Recognition of your work means that you know its importance and you want other people to see that as well. This doesn't mean that you always feel like you need to be praised, it simply means you feel a sense of satisfaction when you're reassured that you're adding value in some way. Being recognized for your work helps you stay motivated to maintain—or even improve—your performance.

Relationships	Connection with others, partnership, collaboration, respect, teamwork, and loyalty mean a lot to you and you actively seek them out. Whether it's in a business or a personal setting, partnership sets the stage for various ideas and opinions to come together to create something better than the sum of its parts.
Resourcefulness	You appreciate and grow abilities to deal skillfully and promptly with new situations or difficulties. Creative thinking is important to you.
Risk-Taking	Experimentation and creative thinking are worth possible failure to you as it moves innovation forward.
Safety	Keeping yourself and others secure and free from harm is important so that everyone can flourish.
Self-Control	You will focus your energies and skills on long-term reward rather than get distracted by short-term enjoyments.
Service	You find a sense of fulfillment in sharing your talents or abilities with others in a way that is beneficial to their lives, and you're willing to contribute to your society without expecting anything in return.
Simplicity	Taking the complexity out of experiences is something you enjoy. You prefer to make things easy to understand for yourself and others so that the cognitive load is lower and likelihood of success is higher.
Spirituality	A connection with something sacred or divine is foundational to your personal flourishing.
Success	Accomplishing goals and creating your vision brings a high level of satisfaction to you, no matter how you measure what success means.
Teamwork	Collaboration with others is one of the chief hallmarks of human accomplishment. You encourage and seek to foster the tendency of people to work together for the common good,
Thoughtfulness	Being considerate, thoughtful, and kind helps you create a respectful, safe atmosphere for people to be their best.
Trustworthiness	Being dependable and reliable are deeply important to you. You also seek out people you believe you can count on.
Uniqueness	Being one of a kind helps is important to you. Creating original ideas leads to innovation and a higher sense of worthiness.
Versatility	We value extra features, "all-in-one" products, and also love saving money. Multi-useful skills and objects are more important to you than single use things. Recycling and repurposing are popular ways in which people act on their value of versatility, and creativity in finding new uses for things is exciting to you.
Vision	You believe it's important to create a map towards a higher goal, as a way to inspire and move people forward.
Warmth	Caring relationships with people is an essential part of your philosophy. Warmth enables you to work through hard issues, be authentic and vulnerable with others.
Wealth	Whether you value the abundance to be able to provide for your family or to be able to live a comfortable, peaceful life, this is a personal core value that isn't as selfish as it may sound.
Well-Being	Habits, thoughts, and actions that support health and personal wholeness are a foundation for your life and work.
Wisdom	Valuing wisdom isn't just about putting an emphasis on knowledge. It is also about having your knowledge stand the test of time and being able to reflect on your experiences to exact your knowledge.
Zeal	You are eager, passionate, and ready, filled with energy to do something great. You admire these qualities in others, as well. A willingness to stand up for your beliefs.

QUIZ
PART

02

Group all of the similar values together from the ones you just selected. Group them in a way that makes sense to you in a maximum of five groupings. If you have more than five groupings, delete those that feel least important. For example:

Group 1:	Abundance, Growth, Wealth, Security, Freedom, Independence, Success
Group 2:	Acceptance, Compassion, Inclusiveness, Kindness, Love, Relationships
Group 3:	Appreciation, Encouragement, Thankfulness, Thoughtfulness, Mindfulness
Group 4:	Balance, Health, Spirituality, Well-being, Personal Development
Group 5:	Cheerfulness, Fun, Happiness, Humor, Inspiration, Joy, Optimism, Playfulness

Group 1:	
Group 2:	
Group 3:	
Group 4:	
Group 5:	



QUIZ
PART

03

Select one value word within each group that you feel best represents the entire group. Again, don't overthink. There's no right or wrong way to do this. You're just defining words that are right for you. As an example, I've selected a word in bold below:

Group 1:	Abundance, Growth, Wealth, Security, Freedom , Independence, Success
Group 2:	Acceptance, Compassion, Inclusiveness, Kindness, Love , Relationships
Group 3:	Appreciation, Encouragement, Thankfulness, Thoughtfulness, Mindfulness
Group 4:	Balance, Health, Spirituality, Well-being , Personal Development
Group 5:	Cheerfulness, Fun, Happiness, Humor, Inspiration , Joy, Optimism, Playfulness

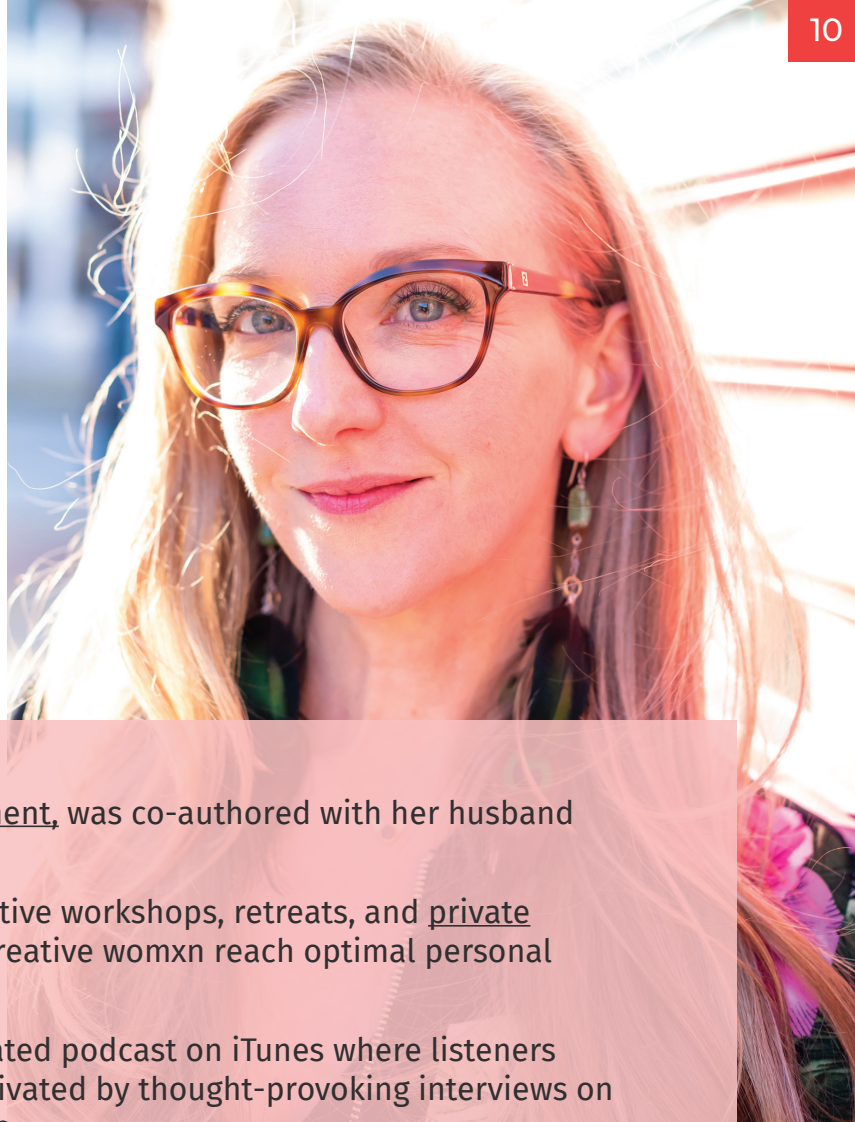
Your current top values are:

Alexandra Jamieson



About Alexandra:

As the award-winning and best-selling author of five books, and co-creator and co-star of the Oscar-nominated documentary **Super Size Me**, Alexandra Jamieson is a highly-sought-after success mentor and motivational guide for thousands. Alex has made it her mission to empower womxn to create epic lives—by honoring their desires and kicking shame and fear to the curb.



Her latest award-winning book Radical Alignment, was co-authored with her husband Bob Gower, published August 2020.

Alex has developed training programs, interactive workshops, retreats, and private creative leadership coaching to help driven, creative womxn reach optimal personal success.

She is also the host of **Her Rules Radio**, a #1 rated podcast on iTunes where listeners from around the world are educated and captivated by thought-provoking interviews on wellness, success mindset, sexuality, and more.

Her work has been praised and adored by Oprah, The Today Show, Dr. Oz, Goop, Martha Stewart Living, the New York Times, CNN, Elle, Marie Claire, USA Today, People, and the American Heart Association amongst many others.

Alex is also an award-winning watercolor painter and loves leaving her laptop to get lost in creating commissioned works for clients around the world.

Work with me to fully integrate your values, and commit to your creative dreams

I work with driven, creative women who are ready to take their lives and work to the next stage.

If you want values-based coaching, go to AlexandraJamieson.com/private-coaching and see what working with me as your coach is like.

Just one more thing!

Grab a complimentary time to talk with me about coaching and programs <https://bit.ly/coachalexnow>

Alexandra Jamieson

