



IPE™ PERSONAL VALUES SURVEY

*“Use your values as a beacon to establish your goals,
make decisions, develop plans and interact with others.”*

Susan Wilson, author of
Your Intelligent Heart

	FREQ.	OCCAS.	RARELY	
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Concerned about others' opinions of you.
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Excellence is always your goal.
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Like to try new things.
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Go out of your way to help people.
5. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Create new ways to do things.
6. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Want people to do things your way.
7. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Enjoy being on your own.
8. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Try to avoid "rocking the boat."
9. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Keep commitments to friends.
10. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Want others to know what you've achieved.
11. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Dress appropriately for the occasion.
12. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Complete projects that you start.
13. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Adapt easily to new procedures.
14. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Show affection easily.
15. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Enjoy coming up with solutions to problems.
16. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Like being in charge.
17. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Don't trust others to do what needs to be done.
18. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. Avoid spur-of-the-moment decisions.
19. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. Stay with same employer a long time.
20. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. Like to win awards.
21. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. Like traditional ways of doing things.
22. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. Like to complete difficult tasks.
23. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. Enjoy learning new tasks.
24. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. Praise and encourage others.
25. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. Come up with ideas for improving current situations.
26. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. Want to persuade others to your way of thinking.
27. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. Like to do things yourself.
28. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. Feel it's important to follow the rules.
29. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29. Make plans and stick with them.
30. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30. Work hard to earn honors or prizes.

	FREQ.	OCCAS.	RARELY	
31. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31. Want others to respect you.
32. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32. Feel there is always something more you can do.
33. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33. Prefer that your day contains different activities.
34. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34. Like doing things with others instead of alone.
35. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35. Find it easy to generate activities to avoid boredom.
36. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36. Willing to argue a point you feel strongly about.
37. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37. Feel responsible for your own actions.
38. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38. Feel more comfortable when you know what to expect.
39. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39. Come through when people are counting on you.
40. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40. Feel angry if someone else gets credit for your work.
41. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41. Look for support from others.
42. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42. Like to keep busy.
43. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43. Enjoy non-routine activities.
44. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44. Go along with group decisions.
45. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45. Like to create things "from scratch."
46. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	46. Make plans for the group.
47. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	47. Prefer doing things for yourself rather than for others.
48. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	48. Enjoy your daily routine.
49. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	49. Enjoy long-lasting relationships.
50. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50. Like to feel appreciated.
51. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	51. Seek others' opinion or advice.
52. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	52. Try to do things better than others.
53. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	53. Readily shift gears when priorities change.
54. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	54. Join groups and organizations.
55. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	55. Challenge established ways of doing things.
56. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	56. Get upset when people do not act the way you want.
57. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	57. Get uncomfortable when people do things for you.
58. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	58. Like things the way they are.
59. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	59. Support a cause or friend even when it's not convenient.
60. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60. Enjoy receiving praise in front of others

☐ Scoring Instructions

Go back to the beginning. For each statement, mark in the far left shaded column:

1. Write "10" beside each number that you marked **Frequently**.
2. Write "5" beside each number that you marked **Occasionally**.
3. Write "0" beside each number that you marked **Rarely**.

Add scores for the following groups of statements:

	Write Total Here	Rank Totals*
1. 1, 11, 21, 31,41, 51	_____	_____
2. 2, 12, 22, 32,42, 52	_____	_____
3. 3, 13, 23, 33,43, 53	_____	_____
4. 4, 14, 24, 34,44, 54	_____	_____
5. 5, 15, 25, 35,45, 55	_____	_____
6. 6, 16, 26, 36,46, 56	_____	_____
7. 7, 17, 27, 37,47, 57	_____	_____
8. 8, 18, 28, 38,48, 58	_____	_____
9. 9, 19, 29, 39,49, 59	_____	_____
10. 10, 20, 30, 40, 50, 60	_____	_____

*In order to rank your totals, give the highest number (or numbers, if you have more than one that are alike) a "1." Give the second highest number or numbers a "2," the third highest a "3" and so on.

☐ Ranking Your Values

After you have completed the column entitled **Rank Totals**, copy that list in its exact order onto the blanks in the list of values below:

1. **Approval** (others' acceptance or support)
2. **Achievement** (getting things done)
3. **Change & Variety** (new, different situations or experiences)
4. **Belonging** (affection and inclusion)
5. **Creativity** (originating new ideas or solutions)
6. **Dominance** (making decisions, being in charge)
7. **Independence** (self-reliance, being on your own)
8. **Security** (safety, stability and predictability)
9. **Loyalty** (commitment to long-lasting relationships)
10. **Recognition** (acknowledgment for your accomplishments)

The values by which you have written a 1, 2, or 3 are values that are very important to you. Those by which you have written a 4, 5, 6, or higher are values that aren't as important to you as the others on the list.