

## Personal Values Inventory

*This form can be used as a basis for discussion between a Dom and a sub. Working through the Personal Values Inventory allows the parties to examine the personal values that impact their decision making and satisfaction with their relationship choices. It will help the parties to gain better insight into the values that shape their personal choices and the potential disconnects if those values are not shared or reinforced in the relationship and/or training environment.*

## Personal Values Inventory

**Directions:** Rank each value in terms of its importance to you.

Value	Definition	Importance to You		
		High	Med.	Low
<b>Accomplishment</b>	Making things happen, getting results, mastery			
<b>Challenge</b>	Risk taking, willingness to test the unknown			
<b>Collaboration</b>	Working together, building on ideas with others			
<b>Ingenuity</b>	Seeing unlimited options, coming up with novel ideas, trusting intuition			
<b>Craftsmanship</b>	Deep pleasure in the process, precision and completion of the final product			
<b>Dependability</b>	Being a reliable source of stability and comfort			
<b>Education</b>	Quest for knowledge			
<b>Celebrity</b>	Limelight, fame, reputation			
<b>Harmony</b>	Working and living without conflict			
<b>Health</b>	Physical well-being			
<b>Honesty</b>	Sincerity, openness, authenticity			
<b>Idealism</b>	Striving for things to be better than they are, aiming for perfection			
<b>Identity</b>	Sense of self deriving from culture, traditions, rituals, symbols			
<b>Independence</b>	Autonomy, doing it your own way, freedom			
<b>Inner Balance</b>	Among body, mind, spirit, and emotions			
<b>Integrity/Ethics</b>	Sense of believing in and doing "the right thing"			
<b>Life Balance</b>	Self, family, community, society, career			
<b>Love</b>	Deep intimate attachment to another			
<b>Personal Growth</b>	Self-awareness, growing beyond boundaries, unleashing untapped potential			
<b>Enjoyment</b>	Fun, pleasure, feeling good			
<b>Control</b>	Ability to make choices, influence others, exercise power and authority for life			
<b>Pragmatism</b>	Realism, world view based on facts and what will work in a given situation			
<b>Promotion</b>	Advancement, external evidence of progress			
<b>Recognition</b>	Acknowledgment by others			
<b>Responsibility</b>	Accountability and ownership for things within your control			
<b>Security</b>	Geographical, financial, emotional			
<b>Spirituality</b>	Belief in a higher being, connection to the universe			
<b>Spontaneity</b>	Ability to live fully in the moment, being a free spirit			
<b>Tenacity</b>	Persistence in the face of obstacles			
<b>Fortune</b>	Accumulation of money, being wealthy			