Legacy By Impact

# Self Worth Assessment

## Instructions

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| Take a look at the things below and try to rank them in order of importance to you. 1 would be the most important and 15 the least. |

## Things to rank

|  |  |
| --- | --- |
| Family | Choose an item. |
| Health | Choose an item. |
| Job | Choose an item. |
| Money | Choose an item. |
| Possessions | Choose an item. |
| Legacy | Choose an item. |
| Social Status/position | Choose an item. |
| Love | Choose an item. |
| Friends | Choose an item. |
| Knowledge | Choose an item. |
| Happiness | Choose an item. |
| Common Sense | Choose an item. |
| Fun | Choose an item. |
| Freedom | Choose an item. |
| Religion | Choose an item. |

## The Data

Now that you have taken the time to create your rankings, take the time and evaluate your selections as it relates to how much time and effort you are spending on the highest ranked. For most, it will be less time that you would prefer.

## A Step Further

Here is one that you may not have considered, the importance of YOU. If you had to rank yourself on the scale of the 15 things, how important would you be? Explain WHY these things, if applicable, rank above you on your self-value scale, then, reassess how they would change if you prioritized yourself first.

## Additional comments

We often fail to place a significant value on ourselves because we let the other things define us. When those other things are gone, what is our value?