Values

Compassionately Transparent Coaching

Circle the values that resonate with you (25 or less)

Acceptance
Accountability
Achievement
Adaptability
Authenticity
Balance
Beauty
Caring
Challenge
Commitment
Communication
Community
Compassion
Competence
Confidence
Connection
Conscientiousness
Contribution
Cooperation
Courage
Creativity
Curiosity
Decisiveness
Dependability
Determination
Dignity
Directness
Discovery
Discipline
Diversity
Empathy
Equality
Excellence
Fairness
Faith
Family
Forgiveness
Freedom
Friendship
Generosity
Gentleness
Gratitude
Growth
Happiness
Harmony
Health
Honesty
Humility
Humor
Independence
Integrity
Intimacy
Justice
Kindness
Knowledge
Leadership
Learning
Liberty
Love
Loyalty
Meaning
Motivation
Openness
Optimism
Order
Passion
Patience
Peace
Perseverance
Playfulness
Practicality
Prudence
Purpose
Quality
Recognition
Respect
Responsibility
Resilience
Safety
Security
Self-awareness
Self-control
Serenity
Service
Simplicity
Sincerity
Support
Teamwork

Star the circled words that resonate with these questions:

- What gets you out of bed in the morning?
- It is your 80th birthday party. Everyone is talking about how awesome you are. What words are they using?
- Think of some recent times you were angry. What words line up with what was under the anger?
- What is an insult that would really upset you? What words line up with what is bothersome about the insult?
- Where are you currently feeling friction in your life, something is causing you to act in a way that is conflict with your intentions? What words line up?
- Think of a moment you were content. How does that feel in your body? What words bring the same feeling?
- Think of a moment when you felt most like you. How does that feel in your body? What words bring the same feeling?

Cross out the circled words that resonate with these questions:

- What are words you have been told you should be, but they don't feel like you?
- What words are you aspiring to? They are words to strive for, but they aren't you yet?

Focus on the values with the most stars. Live into them. Pay attention to how you make decisions, what brings you joy, what upsets you, and when you feel friction. Consider these thoughts to pick your final 3 values:

_____ _____ _____

For a personalized deep dive on your values, scan the QR code or visit my website to sign up for a values session.

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Values Definitions

Acceptance: Being open to and embracing oneself and others, including imperfections.
Accountability: Taking responsibility for one's actions and their consequences.
Achievement: Having a drive to succeed, accomplish goals, and excel.
Adaptability: Being flexible and able to adjust to new situations and changes.
Authenticity: Being genuine, real, and true to oneself.
Balance: Maintaining equilibrium in different areas of life (work, personal, etc.).
Beauty: Appreciating and seeking aesthetic qualities.
Caring: Showing kindness, empathy, and concern for others.
Challenge: Seeking out opportunities for growth and overcoming obstacles.
Commitment: Dedicating oneself to a cause, relationship, or goal.
Communication: Expressing oneself clearly and effectively.
Community: Feeling a sense of belonging and connection with others.
Compassion: Feeling empathy and wanting to alleviate the suffering of others.
Competence: Having the skills and abilities to do something effectively.
Confidence: Believing in one's own abilities and self-worth.
Connection: Building and maintaining meaningful relationships.
Conscientiousness: Being careful, diligent, and principled.
Contribution: Making a positive impact on the world or others.
Cooperation: Working together with others harmoniously.
Courage: Facing fears and acting despite adversity.
Creativity: Expressing oneself through imagination and original ideas.
Curiosity: Having a strong desire to learn and explore.
Decisiveness: Being able to make choices and take action.
Dependability: Being reliable and trustworthy.
Determination: Persisting in the face of challenges.
Dignity: Maintaining self-respect and respect to others.
Directness: Communicating honestly and straightforwardly.
Discovery: Seeking new knowledge and insights.
Discipline: Exercising self-control and order.

Values Definitions

Diversity: Embracing and valuing differences among people.
Empathy: Understanding and being responsive to the feelings of others.
Equality: Believing in the equal rights and opportunities for all.
Excellence: Striving for the highest quality in everything one does.
Fairness: Treating everyone justly and equitably.
Faith: Having strong belief or trust in something.
Family: Valuing close relationships with relatives.
Forgiveness: Letting go of resentment and bitterness towards oneself or others.
Freedom: Having autonomy and independence.
Friendship: Valuing close bonds and mutual support with others.
Generosity: Being willing to give time, resources, or kindness to others.
Gentleness: Being kind, tender, and mild in temperament.
Gratitude: Appreciating and being thankful for what one has.
Growth: Continuously learning and developing as a person.
Happiness: Experiencing joy and contentment.
Harmony: Seeking balance and agreement in relationships and surroundings.
Health: Maintaining physical, mental, and emotional well-being.
Honesty: Being truthful and sincere.
Humility: Having a modest view of one's own importance.
Humor: Appreciating and expressing amusement.
Independence: Being self-reliant and autonomous.
Integrity: Adhering to strong moral principles and being consistent in character.
Intimacy: Experiencing close emotional connection and sharing with others.
Justice: Upholding fairness and moral principles.
Kindness: Being considerate, compassionate, and generous.
Knowledge: Acquiring and understanding information and skills.
Leadership: Guiding and inspiring others.
Learning: Actively seeking and acquiring new information and skills.
Liberty: Having freedom of thought, expression, and action.

Values Definitions

Love: Feeling deep affection and care for others.
Loyalty: Being faithful and committed to people, principles, or causes.
Meaning: Finding purpose and significance in life.
Motivation: Having the drive and enthusiasm to pursue goals.
Openness: Being receptive to new ideas, experiences, and people.
Optimism: Having a positive outlook on the future.
Order: Maintaining organization and structure.
Passion: Having strong enthusiasm and excitement for something.
Patience: Remaining calm and tolerant despite delays or difficulties.
Peace: Seeking tranquility and freedom from conflict.
Perseverance: Continuing to strive despite obstacles.
Playfulness: Being lighthearted and enjoying fun.
Practicality: Being realistic and concerned with usefulness.
Prudence: Showing careful judgment and wisdom.
Purpose: Having a sense of meaning and direction in life.
Quality: Striving for excellence and high standards.
Recognition: Receiving acknowledgement and appreciation for one's efforts.
Respect: Showing honor and consideration for oneself and others.
Responsibility: Being accountable for one's actions and obligations.
Resilience: Bouncing back from adversity.
Safety: Ensuring freedom from harm or danger.
Security: Feeling safe, stable, and free from anxiety.
Self-awareness: Understanding one's own thoughts, feelings, and behaviors.
Self-control: Managing one's impulses and emotions.
Serenity: Feeling calm and peaceful.
Service: Contributing to the well-being of others or a larger cause.
Simplicity: Valuing a life with less complexity and more focus.
Sincerity: Being genuine and honest in one's expressions.
Support: Providing help, encouragement, and understanding to others.
Teamwork: Collaborating effectively with others to achieve a shared goal.