

HEART TO HEART LIFE COACHING LLC

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Name: _____ Date: _____

VALUES EXERCISE

This exercise will help you clarify your core values, those things most important to you, and then prioritize them to give you added clarity. Please follow the steps below.

1. Review the values listed below and feel free to add any you do not see.
2. As you review, circle the 15 most important values.
3. Then pick the most important nine values to you.
4. Put a * next to the values that are left over from the 15.
5. Now put in the spaces below your top nine in the *order of importance*.

(1) _____ (2) _____ (3) _____
(4) _____ (5) _____ (6) _____
(7) _____ (8) _____ (9) _____

Achievement	Purity	Discernment
Commitment	Balance	Hope
Ambition	Generosity	Compassion
Team Work	Love	Leadership
Courage	Joy	Loyalty
Determination	Intimate Relationship	Philanthropy
Faith	Exercise, fitness	Reliability
Positive Attitude	Passion	Reputation
Sense of Humor	Creativity	Sensitivity
Financial Security	Holiness	Sincerity
Ethics	Perfection	Spirituality (God)
Depth	Success	Trustworthiness
Stability	Excellence	_____
Friends	Being Genuine	_____
Family	Wisdom	_____
Honesty	Humility	_____
Making a Difference	Influence	_____
Helping Others	Integrity	_____
Leaving a Legacy	Organization & Order	_____
Truth	Happiness	_____

Now you know the top nine values in your life. Make sure your actions, thoughts, words and decisions align with all these 15 values. When you line up your actions with your values, you have far less stress, make sound decisions, have more confidence, better time management and most noticeably, peace. This also shows you who you authentically are. More info on this at your first appointment.

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