



THE COACHING GROUP

# VALUES

VALUES ARE THE PRINCIPLES THAT GUIDE YOUR DECISIONS AND ACTIONS, THEY REFLECT WHAT IS IMPORTANT TO YOU AND WHAT YOU CARE ABOUT. BY IDENTIFYING YOUR VALUES, YOU CAN BETTER UNDERSTAND YOURSELF AND WHAT MOTIVATES YOU. YOU CAN ALSO IMPROVE YOUR RELATIONSHIPS WITH OTHERS BY COMMUNICATING YOUR VALUES AND RESPECTING THEIR VALUES.

To get started, think about the list of values below

Authenticity Adventure Balance Bravery Compassion  
Challenge Citizenship Community Creativity Curiosity  
Determination Fairness Freedom Friendships Fun  
Generosity Growth Honesty Integrity Justice Kindness  
Knowledge Leadership Learning Love Loyalty Openness  
Optimism Recognition Respect Responsibility Security  
Self-Respect Social Connection Spirituality Stability  
Status Wealth Wisdom

Think about:

- What values or principles guide your decisions and actions?
- When do you feel most like your authentic self?
- What qualities do you admire in others, and why do they resonate with you?

Write down any of the values that you hold. Feel free to add additional values if they are not included on the list.

Circle your most important 3 or 5 values.

For each of these, write down three or more actions that define what it would mean for you to live these values.

For example, if you value Loyalty, actions might include forgiving a friend for a betrayal, negotiating fair treatment at work to ensure commitment to your employer.

