

Values Clarification

Values are the essence of who we are. Values are principles that you hold to be of worth in you life. They are not chosen. Values are inherent/intrinsic.

CLIENT'S NAME _____ DATE _____

VALUES	IMPORTANCE How important, from 1-10? 1 = Not IMPORTANT 10 = Very IMPORTANT	BEHAVIOR Percentage Value Met 0% = Never Meet This Value 100% = Always Meet This
ACCURACY		
ADVENTURE		
AUTHENTICITY		
AUTONOMY/INDEPENDENCE		
BEAUTY/AESTHETICS/NATURE		
COLLABORATION/CONNECTION/PARTNERSHIP		
COMMITMENT		
CONTRIBUTION/ SERVICE		
CREATIVITY		
DIRECTNESS		
ELEGANCE		
EMPOWERMENT		
EXCELLENCE/MASTERY		
FREEDOM TO CHOOSE		
GROWTH/LEARNING		
HARMONY		
HEALTH/ WELLNESS/FITNESS		
HONESTY		
HUMOR		
INTEGRITY		
JOY/FUN		
JUSTICE		
LEADERSHIP		
NURTURING		
ORDERLINESS		
PEACE/TRANQUILITY		
PERSONAL POWER		
RECOGNITION		
RESILIENCE		
RESULTS		
RISK TAKING		
ROMANCE/INTIMACY/SENSUALITY		
SECURITY		
SPIRITUALITY		
SUCCESS/ACHIEVEMENT/VICTORY		
TRADITION		
TO BE KNOWN/SELF-EXPRESSION		
TRUST		
VITALITY/ZEST		

Form courtesy of and copyrighted by Sharol Tyra, Coach@Lifellumination.com, www.Lifellumination.com | FB233