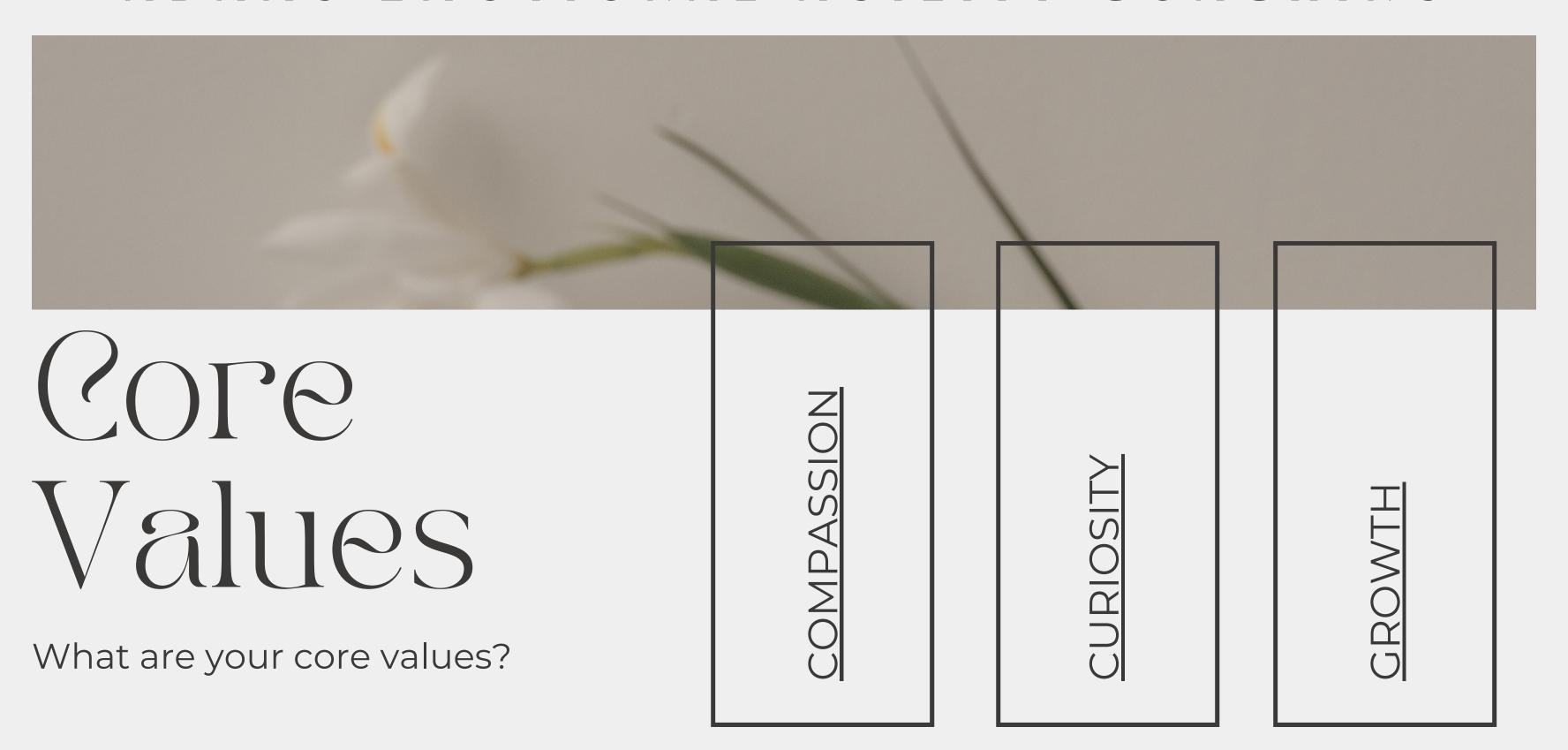
Values

Identify your values and how you can honor them. Concsicious-based values are chosen from a place of authenticity based on who you are and who you want to become.

ADAMS EMOTIONAL AGILITY COACHING



Values Inventory

Take a few moments to look at this list of values. Circle your top 10 values based on the person you want to become. This list does not represent all the values out there. You may add your own.

Accountability
Acceptance
Authenticity
Balance
Belonging
Bravery
Calmness
Commitment
Clarity
Consciousness
Consistency
Cooperation
Connection

Community

Compassion
Confidence
Courage
Creativity
Curiosity
Diversity
Empathy
Fairness
Faith
Family
Focus
Freedom
Friendship
Financial stability

Flexibility
Fun
Generosity
Grace
Gratitude
Growth
Giving back
Happiness
Harmony
Health
Honesty
Humility
Hopefulness
Imagination

Independence
Inspiration
Integrity
Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Mindfulness
Motivation
Making a difference
Personal fulfillment

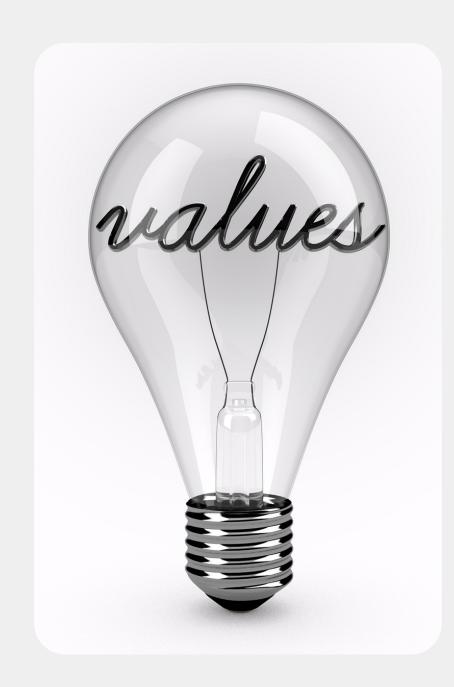
Perseverance
Playfulness
Power
Resilience
Responsiblity
Self-discipline
Self-respect
Service
Sincerity
Spontaneity
Trust
Truth
Understanding
Wisdom

Rank Your Values

What are your top three values?

Put a score next to each value on a scale of 1-5.

1 = not honoring at all 5 = completely honoring this value



What values are you currently honoring?

What values are not being honored?

What behaviors would support honoring your values?