

# Values

A wide, horizontal photograph of a coastal scene. In the foreground, a dark, pebbly beach stretches across the frame. To the right, white-capped waves are crashing onto the shore. The background is a hazy, misty expanse of water and sky, with a low, green-covered hill visible on the left. The entire image is set within a white rectangular frame that has a slight drop shadow, giving it a layered appearance against the dark background.

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.



A D A M S   E M O T I O N A L   A G I L I T Y   C O A C H I N G

# Core Values

What are your core values?

COMPASSION

CURIOSITY

GROWTH

# 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  
Responsibility  
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?