



BACKGROUND ON VALUES

Core values are our unique “essence.” They are the deep-seated principles that motivate and drive us. They can be where we derive enjoyment, what we’d like more of, and what inspires us. They are intangible. They are neither good nor bad. They just are.

Values are not our goals or aspirations. They are not how we think we should be or how others think we should be. Our values can be seen in the way we live our lives now. They may change over the course of time, they may re-order in term of priority, and/or they may deepen as you understand yourself better. They are always moving! Your values can also be situational e.g., what’s true for you at work may not be true for you at home.

Understanding our core values, what is really important to us and drives us, can help us make tough decisions. When we align our goals with our core values, we have energy to see them through. By building a life and lifestyle around our values, we create a life that is satisfying and meaningful to us. When we live outside of our values, no matter how successful we are on the surface, we may find ourselves weirdly frustrated and dissatisfied with our lives.

Oddly enough, it can be very difficult to really understand what our core values are. Sometimes we form mindsets and habits over time based on old values, or other people’s values, that no longer serve us. This is perfectly normal, so don’t be alarmed. It can take months to uncover how you truly feel about what is important to you. Congratulations for taking a bold step in your discovery!

INSTRUCTIONS

- Identify your top 10 values, currently, and list them below. The Sample Values List on the second page is ONLY to give you ideas. We are each unique, so there will undoubtedly be words that are missing from this list, or different words that sum up your values better. So feel free to amend or add to the suggested values list. And feel free to add a more in-depth description of what this value means to you.
- Once you’ve identified your top 10 values, it may be helpful to rank them in priority order and score them in terms of your current level of satisfaction you’re deriving from this value.
- ***Then, let’s have a coaching discussion around the results!!***

Rank in Priority Order	Value/Description	Score Level of Satisfaction Today Scale of 1-10 (10=Highest)

Remember: When it comes to our Values, there is no right or wrong - only who WE are!



Values Worksheet

CSB Coaching Insights

SAMPLE VALUES LIST

- | | | |
|--------------------|-------------------|---------------------|
| 1. Accomplishment | 34. Focus | 67. Presence |
| 2. Accuracy | 35. Forgiveness | 68. Productivity |
| 3. Acknowledgement | 36. Freedom | 69. Recognition |
| 4. Adventure | 37. Friendship | 70. Respect |
| 5. Authenticity | 38. Fun | 71. Resourcefulness |
| 6. Balance | 39. Generosity | 72. Romance |
| 7. Beauty | 40. Gentleness | 73. Safety |
| 8. Boldness | 41. Growth | 74. Self-Esteem |
| 9. Calm | 42. Happiness | 75. Service |
| 10. Challenge | 43. Harmony | 76. Simplicity |
| 11. Collaboration | 44. Health | 77. Spaciousness |
| 12. Community | 45. Helpfulness | 78. Spirituality |
| 13. Compassion | 46. Honesty | 79. Spontaneity |
| 14. Comradeship | 47. Honour | 80. Strength |
| 15. Confidence | 48. Humour | 81. Tact |
| 16. Connectedness | 49. Idealism | 82. Thankfulness |
| 17. Contentment | 50. Independence | 83. Tolerance |
| 18. Contribution | 51. Innovation | 84. Tradition |
| 19. Cooperation | 52. Integrity | 85. Trust |
| 20. Courage | 53. Intuition | 86. Understanding |
| 21. Creativity | 54. Joy | 87. Unity |
| 22. Curiosity | 55. Kindness | 88. Vitality |
| 23. Determination | 56. Learning | 89. Wisdom |
| 24. Directness | 57. Listening | 90. _____ |
| 25. Discovery | 58. Love | 91. _____ |
| 26. Ease | 59. Loyalty | 92. _____ |
| 27. Effortlessness | 60. Optimism | 93. _____ |
| 28. Empowerment | 61. Orderliness | 94. _____ |
| 29. Enthusiasm | 62. Participation | 95. _____ |
| 30. Environment | 63. Partnership | 96. _____ |
| 31. Excellence | 64. Passion | 97. _____ |
| 32. Fairness | 65. Patience | 98. _____ |
| 33. Flexibility | 66. Peace | 99. _____ |

"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful." Annie Lennox