

INSIDE JOBS

COACHING COMPANY

VALUES CLARIFICATION

VALUES are the essence of who you are and how you run your life. They are the blue print for how you “show up” as you go through your days, and often they define your deepest self. It’s easy to confuse them with STANDARDS, which are the actions used to express your values, or with NEEDS, which are things you have to have (food, water, clothing, shelter, and safety) in order to physically survive, or think you have to have to make you feel better about yourself.

Read through the list of values below (if one of your values isn’t on the list, add it at the end), and put a check next to all that are important to you. Then read through the IMPORTANT list and narrow them down to the 10 most important. Then narrow that list down to the 5 values that you feel you consistently run your life by.

It’s interesting to note that when your values and behavior don’t go together you may find yourself struggling.

Name: _____

Date: _____

VALUES	IMPORTANT	TOP 10	TOP 5
ACCURACY			
ADVENTURE			
ATTENTION/ APPLAUSE			
AUTHENTICITY			
AUTONOMY/ INDEPENDENCE			
BEAUTY/ASTHETICS/NATURE			
CLEANLINESS			
CONNECTION/ PARTNERSHIP			
COMMITMENT			
COMPASSION			
CONTRIBUTION/ SERVICE			
CONTROL			
CREATIVITY			
DIRECTNESS			
EMPOWERMENT			
EXCELLENCE/ MASTERY			
FREEDOM			
GROWTH/ LEARNING			
HARMONY			
HEALTH/ FITNESS			
HONESTY			

VALUES	IMPORTANT	TOP 10	TOP 5
HUMOR			
INTEGRITY			
INTIMACY			
JOY/FUN			
JUSTICE			
LEADERSHIP			
NURTURING			
ORDERLINESS			
PEACE/ TRANQUILITY			
PERSONAL POWER			
RECOGNITION			
RELIABILITY			
RESPECT			
RESPONSIBILITY			
RESILIENCE			
RESULTS			
RISK TAKING			
ROMANCE/ SENSUALITY			
SECURITY			
SPIRITUALITY			
SUCCESS/ VICTORY			
TRADITION			
TO BE KNOWN/ SELF- EXPRESSION			
TRUST			
VITALITY/ ZEST			

What are your most important values?

Do you live them every day? How do you demonstrate this?

Where is there conflict between your values and your behavior?

If so, how can you change this so your values and behavior are congruent?

SANDRA V. ABELL, MS,LPC
 Telephone 541-772-3470
 Fax 541-808-2708
www.insidejobscoach.com
sandy@insidejobscoach.com