



Your Life Values Assessment

ALIGNING TO YOUR VALUES ALLOWS YOU TO LIVE YOUR LIFE WITH PURPOSE AND EXCITEMENT

Everything we do and the decisions we make are often driven by what we value most in life. When the actions we take are aligned with our values, it is easier to find the sweet spot where our motivation, levels of satisfaction, and sustainability of success are high. The purpose of this exercise is to gain an understanding of your most important values as they align with the change or transition you are exploring.

Let's consider values as our blueprint of life - when we are not aligned with them we feel: stress, unmotivated, lack of desire to move forward. we start to feel victims to circumstances of life.

Values Exploration

Step 1 - Look at the list below and circle your top five non-negotiable values. These are the values you choose to guide everything you do and want to honor at all times.

Accountability	Compassion	Courage
Achievement	Competence	Creativity
Adaptability	Challenge	Curiosity
Adventure	Citizenship	Determination
Ambition	Clarity	Efficiency
Authenticity	Community	Ethics
Authority	Compassion	Enthusiasm
Autonomy	Competency	Entrepreneurial
Balance	Conflict	Environment
Beauty	Continuous	Excellence
Boldness	Learning	Fairness
Caring	Contribution	Faith