

Helping you get from where you are now  
to where you want to be.

## Personal Values

“Our values define who we are and what we do. They are the personal rules we choose to live by.”

The following table has 46 key words that relate to specific value areas. There may well be other words that are important to you – if there are then just type them into the spaces at the end.

Once you've added any words of your own, rate them all in decreasing order of importance to you starting with 1 for the most important word. An easy way to do this is to pick your top ten words first and prioritise them, then move on to the next 10 and so on. You can type your ratings direct into the table or print this page out and write them in. Once you've finished send me a copy and, during your next coaching session, we can explore the values behind the words and their impact on your happiness and success.

Achievement		Fun		Intimacy		Respect	
Adventure		Freedom		Justice		Risk	
Beauty		Growth		Kindness		Security	
Charity		Happiness		Knowledge		Self discipline	
Community		Health		Leadership		Self esteem	
Creativity		Honesty		Love		Service	
Dignity		Honour		Peace		Spirituality	
Enjoyment		Humility		Power		Strength	
Ethics		Independence		Pride		Supportiveness	
Family		Individuality		Reason		Surrender	
Friendship		Integrity		Recognition		Trust	
Truth		Wisdom					

Name:

Date: