

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

Name:

Date: