



PLAYBOOK



Values

Helping you find your values and purpose

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Values List

Rate each value on a scale of 1 to 10 based on its importance in your life (1=not at all, 10=extremely). Then rate each value based on how often you put it into action (1=never, 10=always). Ignore the last column until after your coaching session. Please note, the definition of the word is based on how you determine the definition.

Value	Value (1-10)	Action (1-10)	Fear/ Conscious
Accomplishment	_____	_____	_____
Abundance	_____	_____	_____
Achievement	_____	_____	_____
Adventure	_____	_____	_____
Altruism	_____	_____	_____
Autonomy	_____	_____	_____
Beauty	_____	_____	_____
Clarity	_____	_____	_____
Commitment	_____	_____	_____
Communication	_____	_____	_____
Community	_____	_____	_____
Connecting to Others	_____	_____	_____
Creativity	_____	_____	_____
Emotional Health	_____	_____	_____
Environment	_____	_____	_____
Excellence	_____	_____	_____
Family	_____	_____	_____
Flexibility	_____	_____	_____
Freedom	_____	_____	_____
Friendship	_____	_____	_____
Fulfillment	_____	_____	_____
Fun	_____	_____	_____
Holistic Living	_____	_____	_____
Honesty	_____	_____	_____
Humor	_____	_____	_____



Rate each value based on how often you put it into action (1=never, 10=always).

Value	Value Rating (1-10)	Action Rating (1-10)	Fear/ Conscious
Integrity	_____	_____	_____
Intimacy	_____	_____	_____
Joy	_____	_____	_____
Leadership	_____	_____	_____
Loyalty	_____	_____	_____
Nature	_____	_____	_____
Openness	_____	_____	_____
Orderliness	_____	_____	_____
Personal Growth	_____	_____	_____
Partnership	_____	_____	_____
Physical Appearance	_____	_____	_____
Power	_____	_____	_____
Privacy	_____	_____	_____
Professionalism	_____	_____	_____
Recognition	_____	_____	_____
Respect	_____	_____	_____
Romance	_____	_____	_____
Security	_____	_____	_____
Self-Care	_____	_____	_____
Self-Expression	_____	_____	_____
Self-Mastery	_____	_____	_____
Self-Realization	_____	_____	_____
Sensuality	_____	_____	_____
Service	_____	_____	_____
Spirituality	_____	_____	_____
Trust	_____	_____	_____
Truth	_____	_____	_____
Vitality	_____	_____	_____
Walking the Talk	_____	_____	_____

2. Cross out the words that are fear-based and not a value you want to hold important to you.

3. Group all similar values together from your selected words. These groups should make sense to you, personally. Create a maximum of five groupings. If you have more than five groups, drop the least important grouping(s). Ideally, you should have 2-4 values.

4. Once you have put the words in groups, choose one word within each group (or create another) that articulates the thought behind the group. Put that word in the box. Do not overthink your labels – there are no right or wrong answers. Write the words below.

5. Add a verb to each word written in the box to turn it into an actionable core value. For example: Promoting inclusion, Seeking out adventures

Purpose

6. The final step is to look at the statements in section 4 and write a purpose statement that integrates all or most of your values. I have bolded the values that I integrated. into my purpose statement

Example: I find **joy** in everyday **adventures** and use them as a way for me to learn and **grow**. I know that there are enough resources for everyone, so I constantly challenge myself to **live abundantly**. I value diversity and **promote an inclusive** society where everyone has access and equality to live their best life.
