



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.

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.
