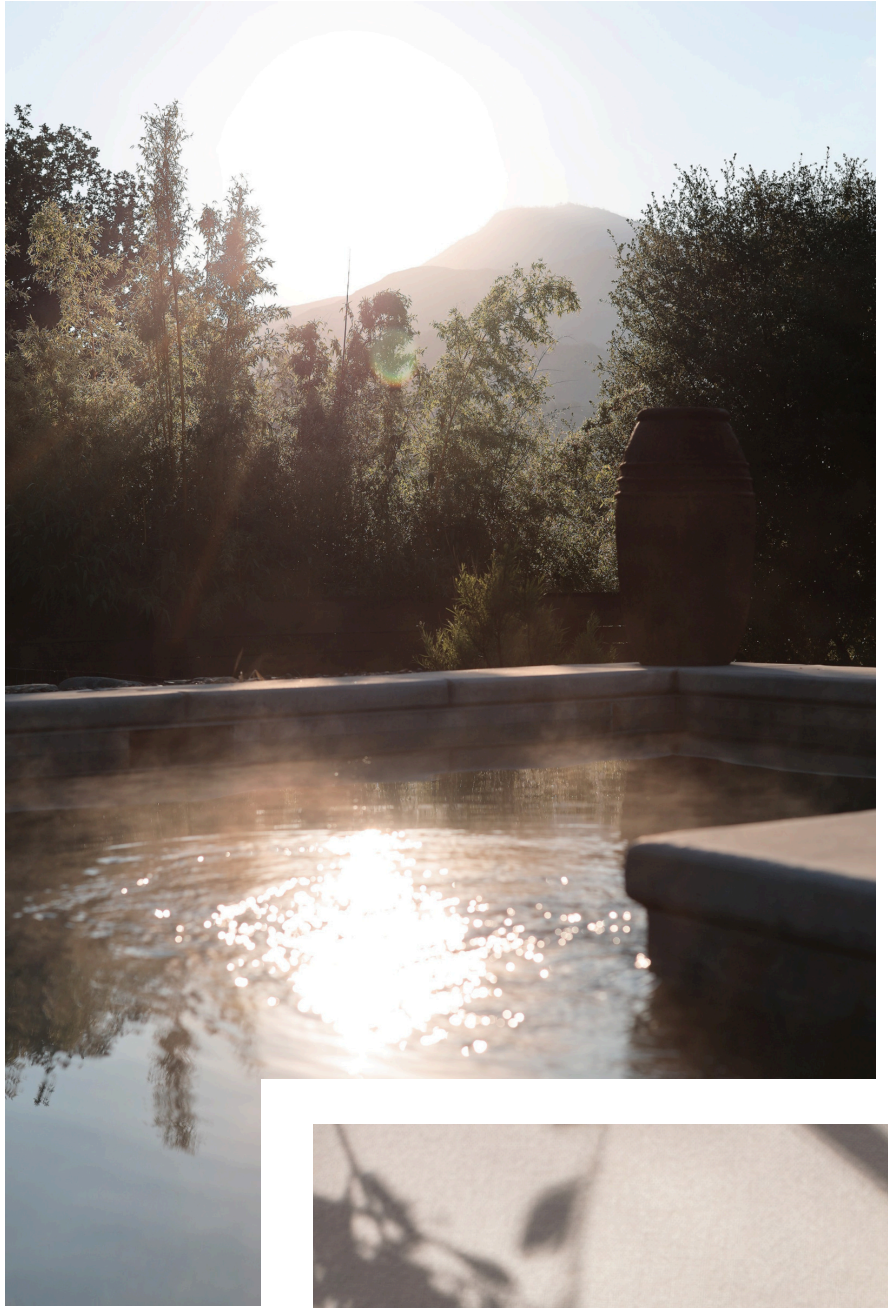


Values

Workbook



Grow
with
Moxie

WHAT ARE VALUES

‘Personal values are part of the moral code that guides our actions and defines who we are’

WHAT MAKES VALUES IMPORTANT

When we live with our values in mind we feel aligned with our beliefs and to ourselves. We feel we have direction and a purpose.

When we are working against our values it can lead us to feel dissatisfied and lack in self-trust.

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CLAIRE COUPLAND

Hey, I'm Claire, an accredited Transformational Coach and Teacher.

After a difficult childhood I went on a self awareness journey in my thirties that ultimately led me to coaching and becoming a coach myself.

The more I coach the more it love it. Giving others the space to unpick deep thoughts and sharing tools that can help them to move forward feels like something I have to do. Something I wake up excited to do each morning.

Claire x

IG: @grow_with_moxie. E: hello@clairecoupland.co.uk

VALUES



VALUES EXERCISE

On the following page, there is a list of words often thought of as values. Read through them underlining ones that resonate with you. You may end up with a long list, narrow it down to between 3-5. To do, this look at each one and consider how important it is to you. Ideally, you want to have 3 core values, ones that feel instinctively right.

Values list

Humour	Zest
Participation	Risk-taking
Honesty	Tradition
Performance	Peace
Partnership	Respect
Collaboration	Elegance
Productivity	Growth
Community	Vitality
Service	Aesthetics
Personal	Trust
Power	Fame
Contribution	Success
Freedom of choice	Love
Excellence	Fairness
Connectedness	Being active
Fun	Novelty
Acknowledgment	Safety
Focus	Security
Comradeship	Excitement
Romance	Change
Lightness	Curiosity
Spirituality	Learning
Harmony	Personal growth
Empowerment	Kindness
Accomplishment	Joy
Self-Expression	Adventure
Orderliness	Beauty
Integrity	Authenticity
Creativity	Nurturing
Independence	Accuracy

How can you work values into your life

Use these boxes to give examples of how your values could be incorporated into your work and life.

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THANK YOU!

I hope you've found this useful and you'll go forward and grow your business with it. I'd love to hear your thoughts, please drop me an email if you have any questions or comments on this book.

Claire x