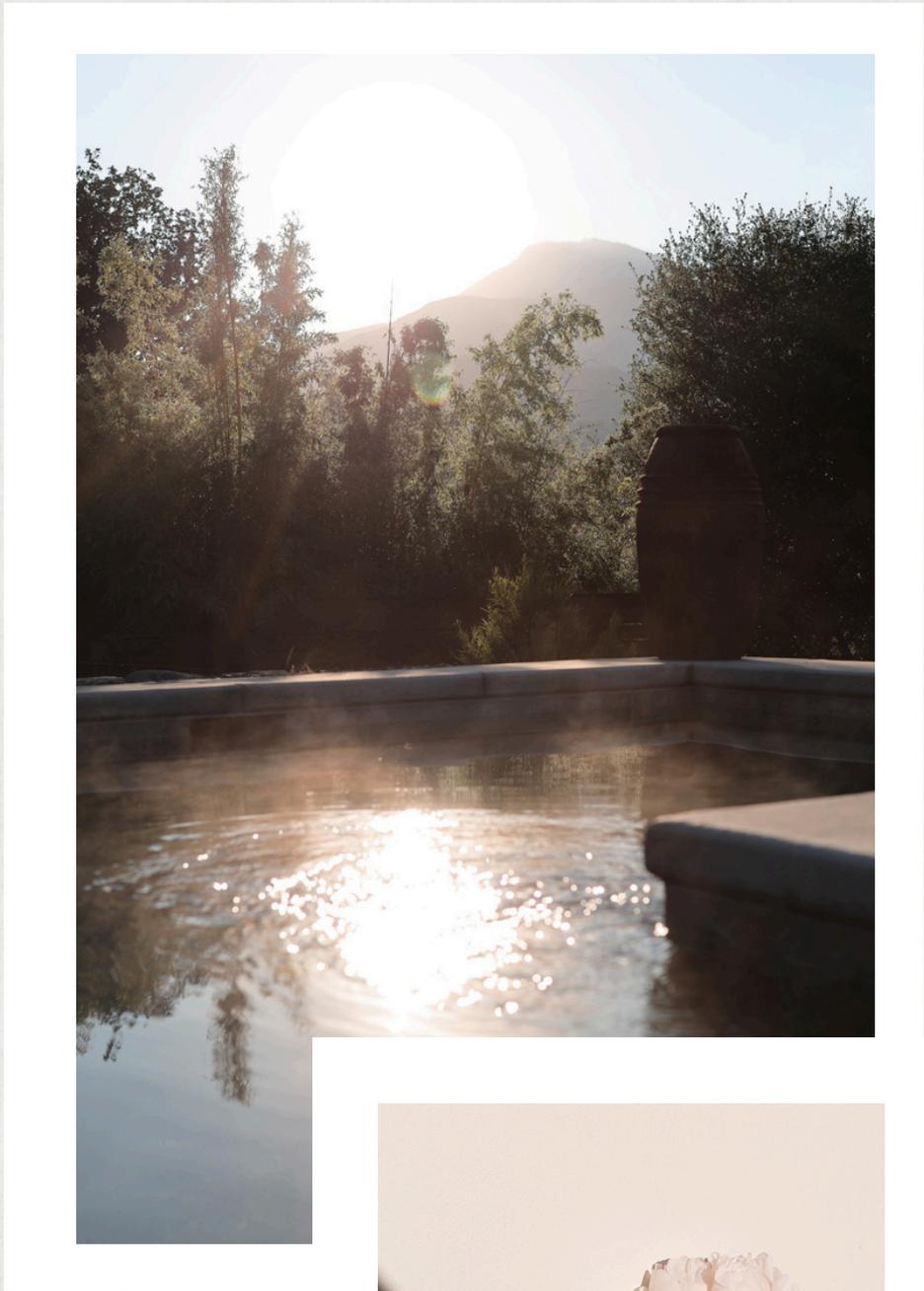


# The Values Audit





*‘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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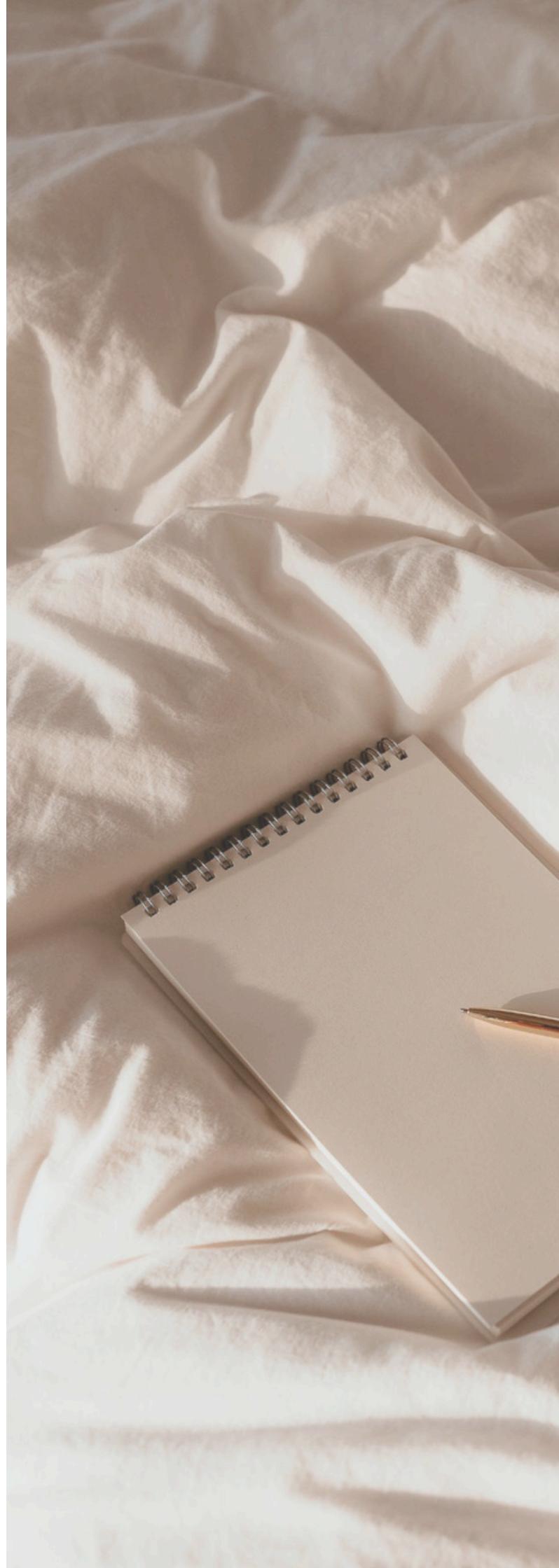
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CLAIRE COUPLAND

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

*After a difficult start in life, 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 I love it. Giving others the space to unpick deep thoughts and sharing tools that can help them move forward feels like something I have to do. Something I wake up excited to do each morning.*

*Claire x*

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# 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 and 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.*

*Claire x*

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