

VALUES



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IDENTIFYING YOUR VALUES

WHAT'S IMPORTANT TO YOU?

QUESTION #1: What are your favorite ways to spend time? Why do you like it?

QUESTION #2: What are some of the most meaningful things in your life? Why do they matter to you?

QUESTION #3: Now that you've written a little about what matters to you, we've gotten a peek into your values. Are there any common themes or patterns. If so, what?

IDENTIFYING YOUR VALUES

PICK THEM WITHOUT JUDGEMENT
AND WEIGH THEM ALL THE SAME

Here is a list of some values we have identified.

Circle the top 6-10 that most speak to you.

Accountability - achievement - ambition - acceptance -
authenticity balance - being liked - being the best - caring -
caution - clarity - commitment - confidence - connection -
conviction - compassion - competence - compassion -
competence - collaboration - creativity - courage - determination -
diversity - dreaming - efficiency - enthusiasm - ethics - excellence -
faith - fairness - financial stability - forgiveness - freedom -
friendships - generosity - happiness - health - honesty - humility -
humor - independence - individuality - initiative - intelligence -
integrity - imagination - leadership - listening - logic - making a
difference - openness - originality - patience - perseverance -
personal fulfillment - personal growth - power - professional
growth - recognition - reliability - reputation - resilience - respect -
risk taking - safety - self-discipline - simplicity - teamwork - trust -
vision - wealth - well-being - wisdom



UNDERSTANDING YOUR VALUES

QUESTION #4 How do you see the values coming into play in your life? Do you notice things you've done in your life because of these values?

QUESTION #5: How will understanding these values help you?



MEET THE AUTHOR

PAMELA HUGHES

Pamela is a former news junkie turned life coach. As a reporter, anchor and talk show host she spent nearly two decades covering the biggest stories in the country and in the world. The negativity of it all took a toll on her mental health and well being. After working with an amazing life coach who helped her manage her mind, she decided to quit telling people what was wrong in the world and start helping people discover what was right within their own world.

“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”

HAVE QUESTIONS?


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**WHEN YOU
KNOW WHAT'S
IMPORTANT TO
YOU, MAKING A
DECISION IS
QUITE SIMPLE**

TONY ROBBINS

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