

Life Harmony Values Worksheet

This form assesses which values are most important to you. Start by selecting 15 values, and then narrow your selection down to 5 values.

<input type="checkbox"/> Achievement	<input type="checkbox"/> Excellence	<input type="checkbox"/> Joy	<input type="checkbox"/> Purity
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Faith	<input type="checkbox"/> Justice	<input type="checkbox"/> Relationship
<input type="checkbox"/> Beauty	<input type="checkbox"/> Family	<input type="checkbox"/> Kindness	<input type="checkbox"/> Respect
<input type="checkbox"/> Camaraderie	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Knowledge	<input type="checkbox"/> Resourcefulness
<input type="checkbox"/> Community	<input type="checkbox"/> Fun	<input type="checkbox"/> Legacy	<input type="checkbox"/> Responsibility
<input type="checkbox"/> Compassion	<input type="checkbox"/> Generosity	<input type="checkbox"/> Love	<input type="checkbox"/> Security
<input type="checkbox"/> Competence	<input type="checkbox"/> Gentleness	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Service
<input type="checkbox"/> Courage	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Mercy	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Creativity	<input type="checkbox"/> Health	<input type="checkbox"/> Nurture	<input type="checkbox"/> Strength
<input type="checkbox"/> Dependability	<input type="checkbox"/> Humility	<input type="checkbox"/> Obedience	<input type="checkbox"/> Stability
<input type="checkbox"/> Encouragement	<input type="checkbox"/> Innovation	<input type="checkbox"/> Optimism	<input type="checkbox"/> Trust
<input type="checkbox"/> Enthusiasm	<input type="checkbox"/> Integrity	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Unity
<input type="checkbox"/> Equality	<input type="checkbox"/> Intelligence	<input type="checkbox"/> Leadership	<input type="checkbox"/> Wisdom

Select 15 Values	Select 10 Values	Select 5 Values
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	Notes: <div style="border: 1px solid #ccc; height: 150px; width: 100%;"></div>
7 _____	7 _____	
8 _____	8 _____	
9 _____	9 _____	
10 _____	10 _____	
11 _____	Notes: <div style="border: 1px solid #ccc; height: 100px; width: 100%;"></div>	
12 _____		
13 _____		
14 _____		
15 _____		
Notes: <div style="border: 1px solid #ccc; height: 80px; width: 100%;"></div>		



Life Harmony Values Follow Up Questions

If you found yourself struggling with this exercise in determining what your top core values are, coaching may be a great resource in aiding you in this process. Knowing your core values empowers you to live a life with purpose, intention, peace and joy.

Are you living a life in harmony with your top 5 core values?

1. Does your job, relationships, spirituality, and where you serve others embrace your core values?
2. Are your resources and time used centered around your core values?
3. Do you set boundaries in your personal and professional life in order to prioritize your core values?
4. Would others recognize your core values by how you live your life?
5. Do you base your decisions on these core values?

If you have answered No to one or more of these questions then you are not living your life in harmony with your core values, which creates confusion, dissatisfaction, and lack of direction in life. In deeply understanding yourself and what you value most gives you clarity and direction.

Coaching is a valuable process. As your coach my ultimate reward is to see my clients gain clarity and achieve a life in line with their values.

Set up a free Discovery Call (732) 440-8150

coachedtoclarity.com
