

Life Coach Toolbox

# Demos with Dezi



# Values

Explore  
Discover  
Define

# Values

## Explore, Discover, Define

"When your values are clear to you, making decisions becomes easier."

Roy E. Disney

Our beliefs define our values, our values shape our attitude + our attitude effects our actions and behaviors.

When our beliefs, values, attitude & behavior are misaligned we feel out of sync we experience a sense of discomfort, this discomfort accelerates change, this change will be to either change our values and beliefs to align with our attitude and actions or to change our attitude and actions to align with our beliefs,

Because our beliefs and values are formed in our core, it is important to identify them, so that we do not comprise what is most important to us when our values, beliefs, attitude and actions are misaligned.

## Explore

Fill out the table below. Think about times when others, society, etc have told you what you should believe think or feel.

I have been told to...

I feel like I should...

Where did this thought come from?


# Values

Explore, Discover, Define

## Discover

Let go of all of the thought you wrote out on the first page, and do not let anyone but you fill in the sentences below. Be ideal, imagine your perfect world, unaffected by the opinions or judgements of anyone else.

### Friendships

I love...	
I love...	
I love...	

### Family

I love...	
I love...	
I love...	

### Intimate Relationships

I love...	
I love...	
I love...	

### Work

I love...	
I love...	
I love...	



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714-609-6370

[certifiedlifecoachinstitute.com](http://certifiedlifecoachinstitute.com)

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# Values

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## Discover

Let go of all of the thought you wrote out on the first page, and do not let anyone but you fill in the sentences below. Be ideal, imagine your perfect world, unaffected by the opinions or judgements of anyone else.

### Community

I love...	
I love...	
I love...	

### Free Time

I love...	
I love...	
I love...	

### Physical Health

I love...	
I love...	
I love...	

### Spirituality

I love...	
I love...	
I love...	

# Values

Explore. Discover. Define

## Define

Pick your top 10 values

- |   |  |  |  |   |
|---|--|--|--|---|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Courtesy      | <input type="checkbox"/> Focus           | <input type="checkbox"/> Legacy          | <input type="checkbox"/> Simplicity     |
| <input type="checkbox"/> Accuracy       | <input type="checkbox"/> Creativity    | <input type="checkbox"/> Freedom         | <input type="checkbox"/> Love            | <input type="checkbox"/> Speed          |
| <input type="checkbox"/> Achievement    | <input type="checkbox"/> Curiosity     | <input type="checkbox"/> Fun             | <input type="checkbox"/> Loyalty         | <input type="checkbox"/> Spontaneity    |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Decisiveness  | <input type="checkbox"/> Generosity      | <input type="checkbox"/> Mastery         | <input type="checkbox"/> Stability      |
| <input type="checkbox"/> Altruism       | <input type="checkbox"/> Dependability | <input type="checkbox"/> Goodness        | <input type="checkbox"/> Merit           | <input type="checkbox"/> Strategy       |
| <input type="checkbox"/> Ambition       | <input type="checkbox"/> Determination | <input type="checkbox"/> Grace           | <input type="checkbox"/> Openness        | <input type="checkbox"/> Strength       |
| <input type="checkbox"/> Assertiveness  | <input type="checkbox"/> Discipline    | <input type="checkbox"/> Growth          | <input type="checkbox"/> Order           | <input type="checkbox"/> Structure      |
| <input type="checkbox"/> Balance        | <input type="checkbox"/> Discretion    | <input type="checkbox"/> Happiness       | <input type="checkbox"/> Originality     | <input type="checkbox"/> Success        |
| <input type="checkbox"/> Belonging      | <input type="checkbox"/> Diversity     | <input type="checkbox"/> Hard Work       | <input type="checkbox"/> Ownership       | <input type="checkbox"/> Support        |
| <input type="checkbox"/> Calmness       | <input type="checkbox"/> Economy       | <input type="checkbox"/> Harmony         | <input type="checkbox"/> Patriotism      | <input type="checkbox"/> Teamwork       |
| <input type="checkbox"/> Carefulness    | <input type="checkbox"/> Efficiency    | <input type="checkbox"/> Health          | <input type="checkbox"/> Professionalism | <input type="checkbox"/> Thoroughness   |
| <input type="checkbox"/> Challenge      | <input type="checkbox"/> Empathy       | <input type="checkbox"/> Helping         | <input type="checkbox"/> Positivity      | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Clearmind      | <input type="checkbox"/> Enjoyment     | <input type="checkbox"/> Honesty         | <input type="checkbox"/> Practicality    | <input type="checkbox"/> Timeliness     |
| <input type="checkbox"/> Commitment     | <input type="checkbox"/> Equality      | <input type="checkbox"/> Honor           | <input type="checkbox"/> Preparedness    | <input type="checkbox"/> Tolerance      |
| <input type="checkbox"/> Community      | <input type="checkbox"/> Excellence    | <input type="checkbox"/> Humility        | <input type="checkbox"/> Reliability     | <input type="checkbox"/> Traditionalism |
| <input type="checkbox"/> Compassion     | <input type="checkbox"/> Excitement    | <input type="checkbox"/> Independence    | <input type="checkbox"/> Resourceful     | <input type="checkbox"/> Truth/Trust    |
| <input type="checkbox"/> Competition    | <input type="checkbox"/> Expertise     | <input type="checkbox"/> Inquisitiveness | <input type="checkbox"/> Results         | <input type="checkbox"/> Understanding  |
| <input type="checkbox"/> Consistency    | <input type="checkbox"/> Exploration   | <input type="checkbox"/> Insightfulness  | <input type="checkbox"/> Security        | <input type="checkbox"/> Unity          |
| <input type="checkbox"/> Contentment    | <input type="checkbox"/> Fairness      | <input type="checkbox"/> Intelligence    | <input type="checkbox"/> Self-control    | <input type="checkbox"/> Usefulness     |
| <input type="checkbox"/> Contribution   | <input type="checkbox"/> Faith         | <input type="checkbox"/> Intuition       | <input type="checkbox"/> Selflessness    | <input type="checkbox"/> Insert Your    |
| <input type="checkbox"/> Control        | <input type="checkbox"/> Family        | <input type="checkbox"/> Justice         | <input type="checkbox"/> Self-reliance   | Own                                     |
| <input type="checkbox"/> Cooperation    | <input type="checkbox"/> Correctness   | <input type="checkbox"/> Fitness         | <input type="checkbox"/> Leadership      |   |

# Values

Explore, Discover, Define

## Define

Write in the values you selected.. Then write in what they mean to you personally

Value

Meaning
