

K WHITE COACHING

Live your best story



Values Exercise

Our personal values are the beliefs that are most important to us. They can change over time and when our actions are aligned with our values, we feel energised, with a feeling of purpose and fulfilment.

BEFORE looking at the list of values:

1. Think about times in your life and your career when:
 - a. You were at your happiest – what were you doing? Who were you with? What else contributed to your happiness?

 - b. You felt most proud. Did others share in your pride?

 - c. You felt most fulfilled and satisfied – what need or desire was fulfilled? How did it give your life meaning? What factors contributed to your feelings of fulfilment?

2. Think about times in your life where you experienced inner conflict. Perhaps you felt like you couldn't make a decision or felt disappointed or frustrated with yourself. What happened and what value(s) was being suppressed or what behaviour was out of line with your values?

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Now, looking at the table below:

1. Circle the values that resonate with you the most (there may be many).
2. Select your top 5 values out of the ones you have circled and list them below.

Sense of purpose	Community/Comradeship	Equality / Fairness	Contribution
Reflection	Collaboration	Humility	Recognition
Freedom	Participation	Honesty /Openness	Legacy
Spirituality	Acknowledgment	Social order/Stability /Security	Influence / Inspire
Aesthetics / Nature	Respect	Trust	Intelligence
Wisdom	Family	Safety	Material Wealth
Religion / Faith	Friendship	Peace	Accomplishment/Achievement
Joy / fun	Partnership	Charity	Excellence/ Quality
Balance	Status/Fame	Diversity	Challenge /Stimulation
Adventure	Harmony	Sustainability	Curiosity /Change curiosity
Authenticity	Tradition	Service / Dedication to a cause	Invention /Innovation
Wellness / Health /Fitness /Being Active / Nurturing	Loyalty	Justice	Learning / Knowledge
Humour	Caring		Conscientious / Hard working
Courage	Independence/Autonomy		Creativity
Flexibility	Encouragement		Professionalism
Orderliness	Empowerment		Integrity
Gratitude			Risk-taking
Presence			
Intuition			
Enthusiasm			
Passion			
Love			

My top values:

- 1.
- 2.
- 3.
- 4.
- 5.

To explore your values further, contact Kathryn at K White Coaching:

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About Kathryn

Kathryn is a certified transformational coach, and mum of two small children. She's passionate about empowering women to live their best stories through career, confidence, and life coaching. Kathryn coaches women across the globe, helping them to increase their awareness, develop new perspectives and possibilities, realise their potential, and make decisions to take action with confidence.

