





Harley M Storey
"The Life Coach Toolman!"

Dear Subscriber

Here is the **Personal Values Tool** that forms part of the **101 Tools Life Coaches Use®**.

I hope you will find this tool revealing and fun – it's one of my favorite tools, I still enjoy doing it myself!

If you have any feedback, comments or suggestions, I'd love to hear them, please email me at harley@life-coach-tools.com

Kind regards



Harley M Storey
CEO, Managing Director
Paradigms Life Coaching Limited®



Would you like to hear
the companion **audio mp3**
for this tool?

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Discover Your Personal Values

Almost 2000 years ago, Aristotle's famous work "Nicomachean Ethics," first suggested the idea of living our life by a set of virtuous ethical standards, or values.

And "virtue theory" of the 20th century emphasizes character, and encourages us to become better people by becoming mindful of our positive qualities.

The Values tool helps your clients understand and define who they really are by identifying the personal values they hold.

Here's how to discover your own or your clients personal values!

- Read through the Values cards.
 - *If you wish to add any Personal Values write them on the blank 'My Values' cards at the end.*
 - *Rephrase negatives as positives – eg. Stubbornness becomes Determined*
- **Print** the following pages and **Cut** into individual cards
(You can layer the sheets over each other to make them quicker to cut out)
- Assemble the cards into **One Pile**
- **Divide** this into **Two piles**
 1. the **first** being those Values that appeal **Most** to you, and represent who you are **now**.
 2. the **second** pile, those that appeal **Less**
- **Divide** the pile that appeal **Most**, into **another** two piles of those that appeal **Most** and appeal **Less**
- Keep dividing those that appeal **Most**, until you end up with **3 cards**.
- Put these **3 Cards** in order of 1, 2, 3 and write them on the Personal Values List below .
- You have now identified your **Personal Values!**

Thoughts on Values ...

Read them over ...

- Any **surprises**?
- How does knowing your values **help** you?
- Can you see how awareness of your values can help you make **decisions**?
- You may wish to write a **paragraph** on what your top 3 values mean to you.
- Living your life “**in values congruence**” means that you live your life in accordance with your Values. How might your life and relationships change if you lived this way?
- What might the phrase “**value centered living**” mean?

Future Values

- Repeat the exercise for who you would **like to be** – **future** oriented rather than the present.
- You may even wish to identify the values within a **role**, such as “*What values would I like to hold as a Mom or Dad?*”

Partnership Values

- Repeat the exercise for the values you would like in a **partner**, this is useful even if you are already in a relationship.
- If you are single, work on **becoming this yourself** on the principle that **like attracts like!**

Relationship Values

- What are the values you would seek in a **relationship**?

<i>Empathetic</i>	<i>Caring</i>	<i>Strong</i>	<i>Understanding</i>
<i>Considerate</i>	<i>Friendly</i>	<i>Sensitive</i>	<i>Loving</i>
<i>Energetic</i>	<i>Compassionate</i>	<i>Liberal</i>	<i>Gracious</i>
<i>Kind</i>	<i>Mindful</i>	<i>Courteous</i>	<i>Noble</i>
<i>Honest</i>	<i>Orderly</i>	<i>Disciplined</i>	<i>Moral</i>
<i>Serious</i>	<i>Comical</i>	<i>Decent</i>	<i>Deliberate</i>
<i>Careful</i>	<i>Free</i>	<i>Clean</i>	<i>Resourceful</i>

<i>Determined</i>	<i>Persistent</i>	<i>Confident</i>	<i>Wise</i>
<i>Self-conscious</i>	<i>Intelligent</i>	<i>Zealous</i>	<i>Independent</i>
<i>Serene</i>	<i>Forgiving</i>	<i>Peaceful</i>	<i>Patient</i>
<i>Excellent</i>	<i>Healthy</i>	<i>Beautiful</i>	<i>Mystical</i>
<i>Spiritual</i>	<i>Thoughtful</i>	<i>Positive</i>	<i>Helpful</i>
<i>Mature</i>	<i>Supportive</i>	<i>Integrated</i>	<i>Generous</i>
<i>Secure</i>	<i>Autonomous</i>	<i>Perfectionist</i>	<i>Stable</i>

<i>Prosperous</i>	<i>Warm</i>	<i>Validating</i>	<i>Powerful</i>
<i>Empowered</i>	<i>Serene</i>	<i>Creative</i>	<i>Peaceful</i>
<i>Harmonious</i>	<i>Growing</i>	<i>Expressive</i>	<i>Open</i>
<i>Passionate</i>	<i>Calm</i>	<i>Zesty</i>	<i>Spunky</i>
<i>Sexy</i>	<i>Funny</i>	<i>Political</i>	<i>Humble</i>
<i>Self-Aware</i>	<i>Giving</i>	<i>Gentle</i>	<i>Write any Values you would like to add on the 'My Values' Cards</i>
<i>My Values</i>	<i>My Values</i>	<i>My Values</i>	<i>My Values</i>

PERSONAL VALUES LIST

<i>My Top 3 Values</i>	<i>What they mean to me ...</i>
1.	1.
2.	2.
3.	3.