

How To Identify Your Core Values

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Wellbeing Coaching uses Health and Life Coaching to support you in setting goals related to your physical, mental health, career and so much more. This type of coaching is non-directional. This means that your coach cannot spoon-feed you the answers, your coach will work with you and support you in finding the answers to your problems and help to keep you accountable and provide you with support to overcome any challenges on your journey to achieving your goals.

Values are important in this process because they have a significant impact on your behaviour, choices and thoughts. Everyone has their own personal set of core values that are subconscious and have formed over many years. Knowing your core values will help you to succeed in accomplishing your goals in the following ways:

- If your goal is not aligned with your core values you will find it difficult to achieve your goal and you may start self-sabotaging.
- To achieve goals, you need to be consistent and be able to prioritise what is important. By keeping your actions in line with your core

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values you are more likely to complete the action.

- When actions are aligned with your core values, you can actually feel more energised and make more progress towards your goal as it does not feel like work but something you enjoy.

Knowing what is important to you and what you stand for is vital in succeeding in a way that fills your cup and feels like you are moving towards your best self rather than away from it. On the next page, there will be a list of values. Please note, it would be impossible to create a full list. This list acts as a guide and prompt. Feel free to add your own values as words come to mind. The aim is having a list of words that resonate with you.

On the final page, you will write down up to 5 values that will form your core values. Bring this along to your coaching session and we can delve into this a bit deeper. If you have trouble picking values try thinking of someone you admire and what values they have that you like.

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Authenticity Ethics Respect Kindness Justice
Wisdom Spirituality Joy Efficiency Realistic
Power Vulnerability Accountability Leadership
Honesty Freedom Gratitude Wealth Fun
Integrity Family Patience Vision Humility
Caring Safety Balance Health Understanding
Pride Learning Commitment Grace Status
Recognition Connection Harmony Responsible
Trust Friendship Independence Tradition
Community Accountability Creativity Brave
Confidence Teamwork Loyalty Consistency
Love Security Dignity Patriotism Famous
Adventure Loyalty Curiosity Learner Sensitive
Fairness Legacy Forgiveness Present Control
Usefulness Perseverance Hope Capable
Truthfulness Success initiative Teamwork
Growth Faith Knowledge Serenity Thoughtful
Optimism Achievement Discipline Honour

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Some of your chosen words may have similar meanings and can be grouped together. For example, ambition and achievement can be grouped together. Use the table below to group words together. You may find some words that don't fit in any particular group.

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The final step is to write down your top 5 core values. There is space to write down why these values are in your top 5 and what they mean to you. Core values change over time and as you grow, develop and go through different experiences. I would recommend repeating this process once a year.

MY CORE VALUES

1. _____

2. _____

3. _____

4. _____

5. _____

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Now that you have identified your core values you are one step closer to achieving your goals. Book a discovery call and we can continue to help you on your journey.

If you would like to give us feedback or leave us a review, then please email the address below. In return you will receive a 10% discount code when you buy another tracker.

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