

# MY CORE *values*

From the list below, circle each core value that resonates with you.

	Fairness	
Authenticity	Faith	Openness
Achievement	Fame	Optimism
Adventure	Friendships	Peace
Authority	Fun	Pleasure
Balance	Growth	Popularity
Beauty	Happiness	Recognition
Boldness	Honesty	Reputation
Compassion	Humor	Respect
Challenge	Influence	Responsibility
Citizenship	Justice	Security
Community	Kindness	Self-Respect
Competency	Knowledge	Spirituality
Contribution	Leadership	Success
Creativity	Learning	Trustworthiness
Curiosity	Love	Wealth
Determination	Loyalty	Wisdom
	Meaningful Work	



# MY CORE *values*

Group similar values from your list in any way that makes sense to you. Prioritize and create a maximum of five groups.

--	--	--	--	--

Now, choose one word from each group that best represents the label for the whole group.

--	--	--	--	--

You now have identified your 5 Core Values and you can use these in your goal setting and planning opportunities.



# ACHIEVING *success*

Think about the following questions and record your answers here.

When have you been successful?

---

---

---

---

What led to this success?

---

---

---

---

What challenges did you face on the way?

---

---

---

---

How did you feel when this success happened?

---

---

---

---



# COACHING *values*

To understand what your values are and what is important to you, answer the questions in this worksheet.

What motivates you to get up in the morning?

What keeps you up at night?

Why do you live where you live?

Why do you do the work you do?

Why do you buy what you buy?

Why do you have the friends you do?

Why do you desire what you desire?

When are you at your happiest?



# THE GROW *model*

The GROW Model is a process that helps you plan your life goals. GROW is an acronym that stands for: Goal, Reality, Options and Will

## GOAL

Define short and long-term goals

- What is your goal?
- Why do you want to achieve this goal?
- What would be the benefits once you accomplished this goal?
- What do you want to change?
- What does success look like?
- How will you know you achieved your goal?
- How much control do you have over your goal?

## REALITY

Explore current situation

- What's happening now?
- Which steps have you already taken to achieve your goal?
- What kept you from trying different things?
- What is working well right now and what isn't?
- What is missing towards your goal?
- What do you think is stopping you?

## OPTIONS

Identify and evaluate options

- What are possible options?
- What could be the first step?
- What else could you do?
- What are the benefits of this option?
- What alternatives do you have?
- Which option do you feel ready to act on?
- How do you feel about this option?
- Which options do you like most?

## WILL

Define what you will do and when

- What are you willing to do?
- What is the first step you need to do?
- When are you going to start?
- How will you know that you've achieved your goal?
- What will it take to get moving forward towards your goal?
- What could prevent you from taking these steps?
- What resources can help you?

