DIGGING INTO YOUR VALUES

Presence Under Pressure

Choose **4 driving values** from the list of values on the last page.

1.	2.
3.	4.

Need help narrowing it down?

Choose the four that help you navigate tough situations and fill you with a sense of purpose. Feel free to start by jotting down all that feel true for you.

And then ask yourself:

1) Does this define me?
2) Is this who I am at my best?
3) Does this incorporate another value I'm tempted to include?
4) Is this a filter that I use to make hard decisions?

→ If the answer is **yes**, it's probably a winner!

Value #1: _____

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

Value #2: _____

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

Value #3: _____

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

Value #4: _____

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

If each of your driving values had a **"one-liner,"** what would it be?

(Watch the video in the Week 4 section of your course portal to complete this part)

Value #1: _____

Value #2: _____

Value #3: _____

Value #4: _____

EXAMPLES:

Trust: "I've got your back."

Empathy: "I see you"

Connection: "We're in this together"

Courage: "You can do hard things"

Authenticity: "Here's the truth"

Reliability: "You can count on me"

Optimism: "We got this."

Core Values:

Abundance
Accountability
Achievement
Adaptability
Advancement
Adventure
Advocacy
Alignment
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Change
Clarity
Collaboration
Comfort
Commitment
Community
Compassion
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Empathy
Environment
Entertainment
Entrepreneurship
Efficiency
Equality
Ethics
Excellence
Excitement
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Gentleness
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humanity
Humility
Humor
Inclusion
Independence
Initiative
Innovation
Integrity
Intelligence
Intuition
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Mentorship
Movement
Nature
Openness
Optimism
Order
Patience
Peace
Perseverance
Play
Pleasure
Power
Practicality
Productivity
Pride
Reciprocity
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking
Safety
Security
Self-actualization
Self-discipline
Self-expression
Selflessness
Self-respect
Serenity
Service
Simplicity
Spirituality
Spontaneity
Stewardship
Success
Teamwork
Thrift
Thoughtfulness
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Utility
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom
Wonder

Presence Under Pressure
GROUP COACHING PROGRAM