WHAT IS REALLY IMPORTANT TO YOU?

DISCOVER YOUR CORE VALUES TODAY!

1

Simply imagine yourself...

You are feeling really content, your needs are completely fulfilled. In what situation?

"For example, to me, Tamara, I'm feeling very good when I'm spending time with my friends and family."

What is truly making you happy in this situation?

"I love listening to my friends talking, I love laughing with them, debating and sharing opinions about things..."

What value is being fulfilled in these moments?

"I love listening to my friends talking..."

VALUES FULFILLED: empathy, respect, sharing, love (friendship)...

"... laughing with them..."

VALUES FULFILLED: fun, silliness...

"debating and sharing opinions about things..."

VALUES FULFILLED: open-mindedness, inspiration...

3

YOUR VALUES

It's okay if you're not sure yet...

Now look at this list of values and circle/underline/write down the values that are making **SENSE** to you? Your ideal! That you would fight for?

Which ones are **truly** important to you?







Acceptance
Accomplishment
Adaptability

Adventure

Affection

Ambition

Authenticity

Autonomy

Awareness

Balance

Beauty

Belongingness

Cheerfulness

Clarity

Cleanliness

Comfort

Commitment

Confidence

Connection

Courage

Creativity

Curiosity

Decisiveness

Determination

Dignity

Discipline

Diversity

Dynamism

Efficiency

Empathy

Equity

Faith

Family

Flexibility

Fidelity

Focus

Freedom

Friendship

Frugality

Fun

Generosity

Gratitude

Harmony

Health

Helpfulness

Honesty

Humility

Humor

Imagination

Impact

Innovation

Inspiration

Integrity

Intelligence

Justice

Kindliness

Learning

Love

Loyalty

Open-

mindedness

Optimism

Organization

Passion

Peace

Positivity

Pragmatism

Professionalism

Quality

Quietness

Reliability

Resilience

Respect

Responsibility

Security

Silliness

Simplicity

Solidarity

Spirituality

Spontaneity

Strength

Transparency

Trust

Uniqueness

Vision

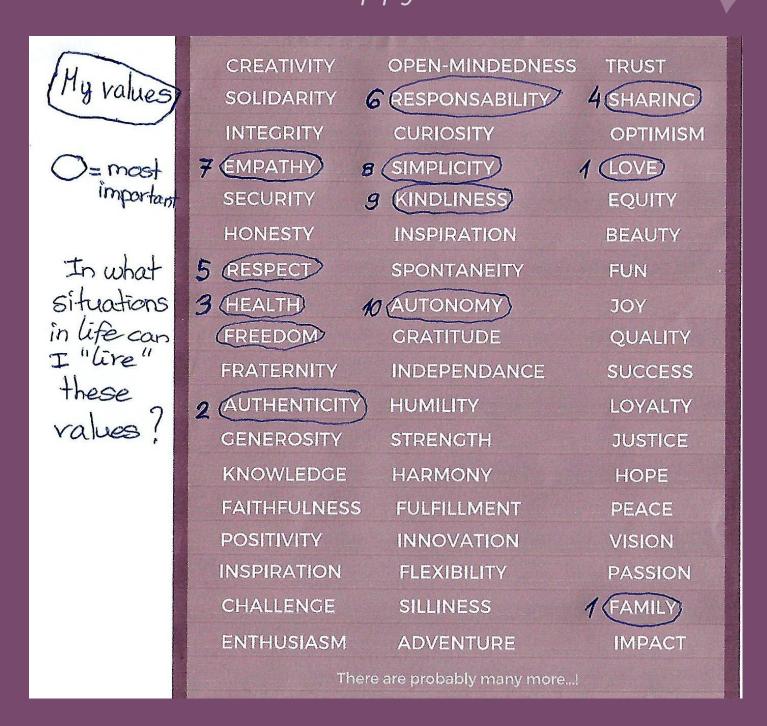
Warmth

Wisdom

The moment you discovered which ones are the MOST IMPORTANT in your eyes, organize them and mark 1 next to the most important one, then 2, then 3...

Now that you know what values are important to you, create MANY SITUATIONS in your life that will make you feel happy by fulfilling these values!

"For example, I'm planning LOTS of time with my friends and family because I know that these moments are the ones that make me happy..."



What if more confidence would help you FEEL genuinely BETTER?



Click <u>HERE</u> & grab your GOLDEN ticket, 45' to discover how coaching can change YOUR LIFE!

I'm Tamara and I'm your swiss, fun & confidence coach!



BEcome YOURSELF



