

# 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..."*

## 2 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?

# THE ULTIMATE LIST OF CORE VALUES

What's most important to you in life?

Acceptance	Empathy	Loyalty
Accomplishment	Equity	Open-mindedness
Adaptability	Faith	Optimism
Adventure	Family	Organization
Affection	Fidelity	Passion
Ambition	Flexibility	Peace
Authenticity	Focus	Positivity
Autonomy	Freedom	Pragmatism
Awareness	Friendship	Professionalism
Balance	Frugality	Quality
Beauty	Fun	Quietness
Belongingness	Generosity	Reliability
Cheerfulness	Gratitude	Resilience
Clarity	Harmony	Respect
Cleanliness	Health	Responsibility
Comfort	Helpfulness	Security
Commitment	Honesty	Silliness
Confidence	Humility	Simplicity
Connection	Humor	Solidarity
Courage	Imagination	Spirituality
Creativity	Impact	Spontaneity
Curiosity	Innovation	Strength
Decisiveness	Inspiration	Transparency
Determination	Integrity	Trust
Dignity	Intelligence	Uniqueness
Discipline	Justice	Vision
Diversity	Kindliness	Warmth
Dynamism	Learning	Wisdom
Efficiency	Love	

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..."*

My values

○ = most important

In what situations in life can I "live" these values?

CREATIVITY	OPEN-MINDEDNESS	TRUST
SOLIDARITY	6 RESPONSABILITY	4 SHARING
INTEGRITY	CURIOSITY	OPTIMISM
7 EMPATHY	8 SIMPLICITY	1 LOVE
SECURITY	9 KINDLINESS	EQUITY
HONESTY	INSPIRATION	BEAUTY
5 RESPECT	SPONTANEITY	FUN
3 HEALTH	10 AUTONOMY	JOY
FREEDOM	GRATITUDE	QUALITY
FRATERNITY	INDEPENDANCE	SUCCESS
2 AUTHENTICITY	HUMILITY	LOYALTY
GENEROSITY	STRENGTH	JUSTICE
KNOWLEDGE	HARMONY	HOPE
FAITHFULNESS	FULFILLMENT	PEACE
POSITIVITY	INNOVATION	VISION
INSPIRATION	FLEXIBILITY	PASSION
CHALLENGE	SILLINESS	1 FAMILY
ENTHUSIASM	ADVENTURE	IMPACT

There are probably many more...!

What if more confidence would help you **FEEL** genuinely **BETTER**?



**Click HERE & grab your GOLDEN ticket, 45' to discover how coaching can change YOUR LIFE!**

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

