

# COACHING TOOLS

## Identifying Values

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Values are those anchored beliefs; the nonnegotiable characteristics that best describe who we are. On the list below, circle the words or phrases that best illustrate your values. Add additional values that come to mind. Circle no more than 12-15 words.

Accomplishment	Affirmation	Ambition
Beauty	Being in Control	Caution
Career	Collaboration	Community
Compassion	Competence	Competition
Consistency with Bible	Creativity	Determination
Diligence	Efficiency	Elegance
Encouragement	Enlightenment	Excellence
Faithfulness	Family	Forgiveness
Forward-looking	Freedom	Frugality
Fulfillment	Fun	Gentleness
Genuineness	Good Taste	Growth
Hard Work	Honesty	Humility
Humor	Impacting People	Independence
Influence	Integrity	Joy
Lack of Pretense	Love	Marriage
Making money	Mentoring	Obedience
Orderliness	Patience	Peace
Perfection	Performance	Persistence
Personal power	Physical vitality	Productivity
Purity	Quality	Recognition
Relaxation	Respect for people	Respect for life
Respect for the environment	Risk taking Security	Self-esteem
Self-expression	Sensitivity	Servanthood
Service	Sexual Fulfillment	Silence
Sincerity	Solitude	Spiritual growth
Stability	Success	Temperance
Tolerance	Tongue control	Tranquility
Trust Truth	Winning	Worship