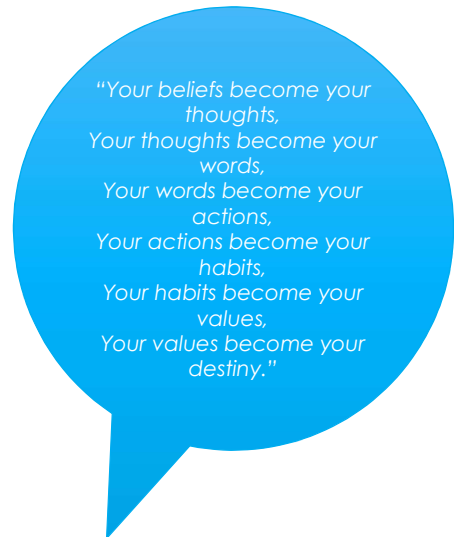


Week 4 Focus – VALUES – What's important to you?

Focus Question: What are the values that anchor your business or work?



DESCRIPTION

Like a compass, values provide an important anchor for us. They influence our decisions, ways we work, and how we connect with others. What are the values which influence your work?

RESEARCH/STORY

Working with Values as a Coach is a foundational part of what we do.

There are many different ways to work with values as a coach including:

Values Checklist (see below)

Getting people to speak to a peak experience they have had

Creating a Word String, adjectives which further define who we are.

This week you have the opportunity to revisit your values. Your values as a coach, as an individual and as a business owner. Note when these are similar, and how they are different.

ACTIVITY

Values Checklist

Use the following values checklist to highlight different values you hold. Once you have identified your top 5, give them a tagline or 3-4 adjectives each.

For example: If one of my values is high touch, that also means – small group size, integrating 1-1 calls with group calls, and taking time to really connect.

	High	Medium	Low	My Top 3-5 values and associated adjectives:
Achievement				
Advancement				
Adventure				
Balance				
Competition				
Creativity				
Fairness				
Fame				
Family				
Financial Freedom				

Friendship			
Generosity			
Health			
Independence			
Influence			
Integrity			
Learning			
Loyalty			
Nature			
Order			
Stability			
Variety			
Other:			
Other:			

CONNECTION TO THE WORKBOOK AND PLANNER

Given that values are such a core part of our work, you are invited to review these several times throughout the workbook.

As part of the Iceberg you are invited to identify your top 10 values for you and your business. Write these out on page 24 (CBB) or page 25 (PDT). You may want to read through this entire section from pages 23 – 29.

There is also space on page 38 under "Be True to Who you Are" - The Micro-Vision on page 38 (CBB) or page 42 (PDT)

You are invited to return to this in the Ecosystem in Section 4, noting your top 5 values as part of your anchoring system, grounding you (page 104 – CBB; page 108 – PDT). Note your top 5 values there as well.