

Coaching Values Clarification Exercise

This exercise helps clarify the core personal values that influence decision-making, motivation, and satisfaction. Use this with coachees to support deeper insight into what truly matters to them.

Step 1: Identify Your Top Values

From the list below, select the 10 values that resonate most with you. Then, narrow this list down to your top 5.

Achievement	Adventure	Autonomy	Balance
Compassion	Connection	Creativity	Curiosity
Discipline	Empathy	Equality	Family
Freedom	Friendship	Growth	Health
Honesty	Humour	Independence	Influence
Innovation	Integrity	Joy	Kindness
Learning	Legacy	Love	Loyalty
Mastery	Openness	Passion	Peace
Perseverance	Recognition	Respect	Responsibility
Security	Service	Spirituality	Stability
Success	Teamwork	Trust	Wealth
Wisdom			

Step 2: Reflect

1. Which value is most tested in your current role or situation? Why?

2. How do your top values influence your choices, actions, and the way you show up in different situations?

3. Where are your values currently aligned or misaligned with your work, study, or relationships?
