

**Your Values**

Using the list of values at <http://spitfirecoach.com/s/Values-Worksheet.pdf>, select 10 words that drive your actions and decisions. Next to each word, write 1-3 sentences about how it shows up in your life.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -

**Fear v. Growth Based Values**

If you use words like “Can’t”, “Have to”, or “Need to” when describing your value, write the value below. Or if the description is avoidance or resistance to something, write the value below.

**Rewrite Your Fear Values**

Next to each fear-based value, think about how this could positively impact your life. If you use words like “not” or “never”, try it again in a positive format.

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| **Fear-Based Value** | **Growth-Based Rewrite** |
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**My Growth-Based Value Compass**

List your growth-based values below. Now you can create your Value Compass. Here is an example.

