

PERSONAL VALUES

*by The Gentlestrength Wellness
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Introduction

IDENTIFYING VALUES



BENEFITS OF PERSONAL VALUES

- Set and achieve meaningful goals
- Increase motivation and commitment towards goals
- Find your purpose
- Live a more authentic life
- Make better choices
- Improve the relationship with yourself
- Experience a greater sense of joy and fulfilment

How to find your values?



- Go through the list of common values (or come up with your own)
- Identify ALL values that relate to you
- Compare each value using tally marks
- Select your top 5 core values

PERSONAL VALUE LIST

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> ACCEPTANCE | <input type="checkbox"/> COURTESY | <input type="checkbox"/> FUN |
| <input type="checkbox"/> ACCURACY | <input type="checkbox"/> CREATIVITY | <input type="checkbox"/> GENEROSITY |
| <input type="checkbox"/> ACHIEVEMENT | <input type="checkbox"/> CURIOSITY | <input type="checkbox"/> GENUINENESS |
| <input type="checkbox"/> ADVENTURE | <input type="checkbox"/> DECISIVENESS | <input type="checkbox"/> GRATITUDE |
| <input type="checkbox"/> ATTRACTIVENESS | <input type="checkbox"/> DEPENDABILITY | <input type="checkbox"/> GROWTH |
| <input type="checkbox"/> AUTHORITY | <input type="checkbox"/> DETERMINATION | <input type="checkbox"/> HAPPINESS |
| <input type="checkbox"/> AUTONOMY | <input type="checkbox"/> DISCIPLINE | <input type="checkbox"/> HARMONY |
| <input type="checkbox"/> BALANCE | <input type="checkbox"/> DISCOVERY | <input type="checkbox"/> HEALTH |
| <input type="checkbox"/> BEAUTY | <input type="checkbox"/> DUTY | <input type="checkbox"/> HELPFULNESS |
| <input type="checkbox"/> BELONGING | <input type="checkbox"/> EDUCATION | <input type="checkbox"/> HONESTY |
| <input type="checkbox"/> CALMNESS | <input type="checkbox"/> EMPATHY | <input type="checkbox"/> HONOUR |
| <input type="checkbox"/> CARING | <input type="checkbox"/> ENJOYMENT | <input type="checkbox"/> HOPE |
| <input type="checkbox"/> CHALLENGE | <input type="checkbox"/> ENTHUSIASM | <input type="checkbox"/> HUMILITY |
| <input type="checkbox"/> CHANGE | <input type="checkbox"/> EQUALITY | <input type="checkbox"/> HUMOUR |
| <input type="checkbox"/> COMFORT | <input type="checkbox"/> EXCITEMENT | <input type="checkbox"/> INDEPENDENCE |
| <input type="checkbox"/> COMMITMENT | <input type="checkbox"/> EXPERTISE | <input type="checkbox"/> INFLUENCE |
| <input type="checkbox"/> COMMUNITY | <input type="checkbox"/> FAIRNESS | <input type="checkbox"/> INNER PEACE |
| <input type="checkbox"/> COMPASSION | <input type="checkbox"/> FAITHFULNESS | <input type="checkbox"/> INTEGRITY |
| <input type="checkbox"/> COMPETITIVENESS | <input type="checkbox"/> FAME | <input type="checkbox"/> INTIMACY |
| <input type="checkbox"/> COMPETENCY | <input type="checkbox"/> FAMILY | <input type="checkbox"/> INTUITION |
| <input type="checkbox"/> CONFIDENCE | <input type="checkbox"/> FITNESS | <input type="checkbox"/> JOY |
| <input type="checkbox"/> CONSISTENCY | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> JUSTICE |
| <input type="checkbox"/> CONTRIBUTION | <input type="checkbox"/> FORGIVENESS | <input type="checkbox"/> KINDNESS |
| <input type="checkbox"/> COOPERATION | <input type="checkbox"/> FREEDOM | <input type="checkbox"/> KNOWLEDGE |
| <input type="checkbox"/> COURAGE | <input type="checkbox"/> FRIENDSHIP | <input type="checkbox"/> LEADERSHIP |

PERSONAL VALUE LIST

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> LEISURE | <input type="checkbox"/> REPUTATION | <input type="checkbox"/> VIRTUE |
| <input type="checkbox"/> LOVE | <input type="checkbox"/> RESPECT | <input type="checkbox"/> VITALITY |
| <input type="checkbox"/> LOYALTY | <input type="checkbox"/> RESPONSIBILITY | <input type="checkbox"/> WEALTH |
| <input type="checkbox"/> MASTERY | <input type="checkbox"/> RISK | <input type="checkbox"/> WISDOM |
| <input type="checkbox"/> MINDFULNESS | <input type="checkbox"/> ROMANCE | <input type="checkbox"/> WORLD PEACE |
| <input type="checkbox"/> MODERATION | <input type="checkbox"/> SAFETY | <input type="checkbox"/> OTHER VALUE: |
| <input type="checkbox"/> MONOGAMY | <input type="checkbox"/> SECURITY | <input type="checkbox"/> |
| <input type="checkbox"/> NON-COMFORMITY | <input type="checkbox"/> SELF-ACCEPTANCE | <input type="checkbox"/> |
| <input type="checkbox"/> NURTURANCE | <input type="checkbox"/> SELF-CONTROL | <input type="checkbox"/> |
| <input type="checkbox"/> OPENNESS | <input type="checkbox"/> SELF-ESTEEM | <input type="checkbox"/> |
| <input type="checkbox"/> OPTIMISIM | <input type="checkbox"/> SELF-KNOWLEDGE | <input type="checkbox"/> |
| <input type="checkbox"/> ORDER | <input type="checkbox"/> SERVICE | <input type="checkbox"/> |
| <input type="checkbox"/> PASSION | <input type="checkbox"/> SIMPLICITY | <input type="checkbox"/> |
| <input type="checkbox"/> PEACE | <input type="checkbox"/> SOLITUDE | <input type="checkbox"/> |
| <input type="checkbox"/> PLEASURE | <input type="checkbox"/> SPIRITUALITY | <input type="checkbox"/> |
| <input type="checkbox"/> POPULARITY | <input type="checkbox"/> STABILITY | <input type="checkbox"/> |
| <input type="checkbox"/> POSITIVITY | <input type="checkbox"/> STRENGTH | <input type="checkbox"/> |
| <input type="checkbox"/> POWER | <input type="checkbox"/> STRUCTURE | <input type="checkbox"/> |
| <input type="checkbox"/> PROFESSIONALISM | <input type="checkbox"/> SUCCESS | <input type="checkbox"/> |
| <input type="checkbox"/> PURPOSE | <input type="checkbox"/> SUPPORT | <input type="checkbox"/> |
| <input type="checkbox"/> RATIONALITY | <input type="checkbox"/> TEAMWORK | <input type="checkbox"/> |
| <input type="checkbox"/> REALISM | <input type="checkbox"/> THOUGHTFULNESS | <input type="checkbox"/> |
| <input type="checkbox"/> RECOGNITION | <input type="checkbox"/> TOLERANCE | <input type="checkbox"/> |
| <input type="checkbox"/> RELIGION | <input type="checkbox"/> TRADITION | <input type="checkbox"/> |
| <input type="checkbox"/> RELIABILITY | <input type="checkbox"/> TRUST | <input type="checkbox"/> |

About CHARMAINE

"Your wellness journey begins with knowing your needs and values and starting where you are in life. And I am here to help guide you every step of the way."



Hi! I am Charmaine, a Functional Medicine Health and Wellness Coach. I help busy professionals make positive, healthy changes and improve their health when they feel change is hard.

I offer compassionate, evidence-based health coaching and training to those who feel trapped by their physical, mental and emotional stress. It's not easy to make space for yourself sometimes. With focused support and guidance, I am here to help you make sustainable, positive changes to bring out your best self.

GET IN TOUCH WITH ME TODAY!

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