



Vivid vision Coaching & Counselling

Vivid Vision Coaching & Counselling acceptance accomplishment
accountability adaptability adventure allegiance altruism ambition
appreciation aspiration assiduousness authenticity autonomy
beauty benevolence camaraderie career caring changeability
charity chastity cheerfulness citizenship clear-thinking
collaboration commitment community compassion competence
competitive composure concern conscientiousness consideration
constancy cooperation courage courtesy creativity credibility
decency dedication democracy dependability determination diversity
easygoing education efficiency empathy encouragement equality
equity ethics excellence fairness faith faithfulness family fidelity
flexibility flow focus forgiveness fortitude freedom friendship fun
frugality generosity gentleness genuine giving goodness goodwill
grace gratitude happiness hardworking health helpfulness honesty
honor hope humility independence industriousness ingenuity
initiative integrity joy justice kindness law-abiding liberty love
loyalty mercy moderation morality obedience openness opportunity
optimism passion partnership patience peace perseverance
playfulness positivity power productivity prosperity prudence
punctuality purity reason recognition reconciliation reliability
repentance resilience resourcefulness respect responsibility
righteousness sacrifice safety self-control self-discipline sensitivity
serenity service sharing sincerity sobriety spirituality stamina
stewardship supportiveness thoughtfulness tolerance tranquility
trustworthiness truth understanding values virtue wealth
wisdom work

Values List Exercise

Clarifying your values, for this stage of your life, can aid you in shaping your purpose and vision. Use this or any other list of values. Choose 15 values that you feel are most important to you? What are the values you must honor to be true to this chapter of your life?

Now Choose 10 from the 15 values that you feel are most important at this time. Next, please identify the 5 that would be a great loss for you to not have in your life. Rank these in priority order by Forced Choice. Compare one to another as if you couldn't have one of these 2 which would you choose? Then compare each to the rest until you have your list in order of your top 5 Values.

Achievement
Accuracy
Acknowledgment
Advancement
Adventure
Aesthetics
Affection
Authenticity
Autonomy
Beauty
Caring
Challenge
Change
Contribution
Collaboration
Community
Connectedness
Comradeship
Creativity
Directness
Economic security
Empowerment
Excellence
Excitement
Elegance
Family happiness
Free spirit
Free time
Focus
Forward the action
Freedom
Friendship
Growth

Integrity
Independence
Intellectual status
Health
Help others
Help society
Humor
Harmony
Honesty
Joy
Knowledge
Lack of pretense
Leadership
Leisure
Lightness
Location
Loyalty
Nurturing
Orderliness
Partnership
Participation
Performance
Personal power
Peace
Pleasure
Productivity
Power
Precision
Recognition
Responsibility
Romance
Risk-taking
Self-expression
Spirituality
Success
Service
Stability
Time Freedom
Tradition
Trust
Vitality
Wealth
Wisdom
Zest
Add your own _____

Portions of this exercise were adapted From: *Co-Active Coaching*. Whitworth, Kimsey-House; Sandahl (1998).

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