

## SIX CORE VALUES

### *1. Personal power: Claiming yourself*

Self-esteem, confidence, identity, inner motivation, a positive sense of self, clear ego boundaries, self-love, courage

Some questions: Who am I? What do I like most about being me? What are my boundaries? What is my sense of purpose? Where am I going? Who is going with me? How will I get there? What do I need to learn?

### *2. Achievement: Proving yourself*

Reaching goals, conducting projects, working, winning, playing in organized sports, having ambition, getting results and recognition, being purposive, doing.

Some questions: What are my gifts? What is my compelling sense of purpose? If I could leave a mark, what would it look like? What rewards am I really seeking? What training do I need to be at my very best?

### *3. Intimacy: Sharing yourself*

Loving, bonding, caring, being intimate, making relationships work, touching, feeling close, nesting, coupling, parenting, being a friend.

What matters most to me? How do I love myself and remain my own best friend? What are the bonds I honor most in my life? How am I investing in those bonds this year? How do I attach to others? How do I want others to attach to me?

### *4. Play and Creativity: Expressing yourself*

Being imaginative, intuitive, playful, spontaneous, original, expressive, humorous, artistic, celebrative, re-creative, funny, curious, childlike, and nonpurposive.

How do I have fun being me? How often does my mind wander outside of the box? How am I creative? How am I playful? What learning would deepen my creativity?

## Coaching Tip

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### *5. Search for Meaning: Integrating yourself*

Finding wholeness, unity, integrity, peace, an inner connection to all things, spirituality, trust in the flow of life, inner wisdom, a sense of transcendence. bliss.

What am I doing here? What is my ultimate concern? What can I rely on? How do I arrive at inner peace? What are my basic beliefs and how do I express them? What are the settings that help me experience the unity of all things?

### *6. Compassion and Contribution: Giving yourself*

Improving, helping, feeding, reforming, leaving the world a better place, bequeathing, being generative, serving, social and environmental caring, institution building, volunteering.

What is my legacy? What will live on long after I am gone? How can I support the needs of others, not merely my own needs? What are the important contributions I want to make? What causes am I willing to support? How can I volunteer my time to make a difference?

Source: **The Handbook of Coaching** by Frederic M. Hudson