

# Values

Guideposts for your fulfilling life

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In its simplest expression, a fulfilling life is one in which important values are honored. Values are already there. They are not ideals to be worked on or acquired. They are expressed in the living of a person's life. If important values are NOT being expressed, dissonance will show up. You are living your values or not, every moment of every day. They may not be visible, but the impact is very visible. As you gain more clarity about your values, they can serve as guideposts on your journey. Challenging decisions become clearer when you ask values-based questions.

The following list contains words or phrases that illustrate values. Because values are so personal and sometimes difficult to articulate, we recommend using word strings. For example, freedom might be a value. For one person it might be Freedom/Independence/Adventure and for another person it might be Freedom/Self-Expression/Outrageous Creativity. Both start with freedom, but end with very different meanings.

Also look for those expressions that are personal like "Coyote" or "Cinnamon/Chenille/Candlelight". Others might not know what they mean and they don't need to. Remember you can combine two or three values as long as critical distinctions are not lost. For example, whereas the combination "Honesty/Integrity/Truthfulness" maintains a single distinction, "Honesty/Integrity/Freedom" combines concepts and thereby loses clarity.

Accomplishment	Connectedness	Free Spirit	Lightness	Risk Taking
Accuracy	Contribution	Full Self-Expression	/Orderliness	Romance
Acknowledgment	Creativity	Growth	Participation	Service
Adventure	Directness	Harmony	Partnership	Spirituality
Aesthetics	Elegance	Honesty	Peace	Success
Authenticity	Empowerment	Humor	Performance	To Be Known
Beauty	Excellence	Independence	Personal Power	Trust
Collaboration	Focus	Integrity	Productivity	Tradition
Community	Forward the Action	Joy	Nurturing	Vitality
Comradship	Freedom to Choose	Lack of Pretense	Recognition	Zest

## Here are a few ways to uncover and clarify your values:

- **Peak Experience**  
Find a peak experience, a time in your life when you felt fully alive, resonating with your world like the vibration of a tuning fork when you strike a clear note.
- **Invisible Values**  
These values are invisible you. They are being honored so naturally, that you don't think about them much. Therefore, they may be difficult to spot.
- **Must Haves**  
Look at what you must have in your life. Beyond food, shelter and community, what needs to be in your life to feel fulfilled?
- **Suppressed Values**  
What makes us angry, frustrated or upset is often a value that is being suppressed
- **What We Want More Of/Less Of**  
More is a value. Less is the value that is the opposite of what we want less of.
- **Obsessive Expression**  
We all are capable of obsessive behavior - insisting on honoring a value as a demand. Another place to look is to the feedback you get from friends and family. For example, if you often hear: "You are so controlling", it might indicate a value that is in overdrive.



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