

Live Your Values

An Exercise About You

By Margaret Page, Professional Coach
Creating Clarity, Creativity and Confidence

BEYOND THE PAGE COACHING LTD.

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Exercise:**LIVE YOUR VALUES**

“When your values are clear to you, making decisions becomes easier.”

– Roy Disney

Our values are the things we consider to be important in life. When we are living according to our true values, we feel connected and at ease with ourselves.

To begin defining your own personal values, examine the list below and select 10 words that reflect what you consider most important. Feel free to add your own words as well.

Acceptance	Flexibility	Obedience
Accomplishment	Forgiveness	Open-minded
Achievement	Freedom	Order
Affection	Friendliness	Passion
Ambition	Generosity	Patience
Assertiveness	Gentleness	Peace
Beauty	Genuine	Positivity
Broadmindedness	Gratitude	Prayer
Capabilities	Happiness	Purpose
Caring	Hard Work	Reliability
Cheerfulness	Helpfulness	Respect
Cleanliness	Honesty	Responsibility
Commitment	Honour	Reverence
Compassion	Humility	Romance
Competence	Ideals	Self-control
Confidence	Independence	Self-discipline
Consideration	Integrity	Self-reliance
Consistency	Intelligence	Self-respect
Courage	Joy	Self-sufficiency
Courtesy	Justice	Service
Creativity	Kindness	Sincerity
Detachment	Knowledge	Steadfastness
Determination	Learning	Tact
Education	Lighthearted	Tenderness
Effective	Logic	Thankfulness
Enthusiasm	Love	Tidiness
Equality	Loyalty	Tolerance
Excellence	Moderation	Trust
Faith	Modesty	Truth
Family	Neatness	Unity

My Top 10 Values Are:

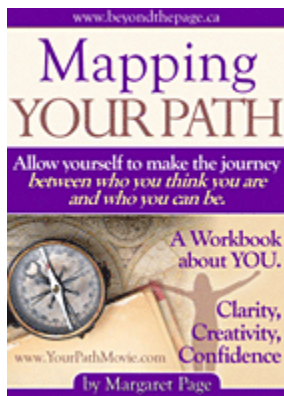
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, narrow this list down to five. Ask yourself, “What do I *really* value?” and “Which ones, when honoured, make the others less important?”

_____	_____
_____	_____

When personal values are defined, we become more attuned to them and better able to reflect them in our actions. This enhances our integrity.

To explore your values further, why not purchase my **Mapping Your Path (e-book):**



The greatest learning process you will ever undertake is the exploration of yourself – on the path to your dreams.

Feeling like you’re “on the right path” is crucial to being satisfied with your life.

Mapping Your Path is a guide to self discovery, a step-by-step process of exploring what’s meaningful to YOU.

Each one of us has a specific set of talents, abilities, passions and visions that propel us forward through life. We also each have a unique purpose, and our own personal needs and values that shape our decisions. These qualities determine our path through life.

If you aren’t crystal clear about your own personal path (and most people aren’t), this book promises to be enlightening, even life changing!

To purchase and download your e-book, please visit www.beyondthepage.ca.

About the Margaret Page



Margaret Page is a professional Business Coach and Life Coach who guides individuals along the path to success, providing the encouragement and support they need to live a life less ordinary.

A highly skilled facilitator and communicator, she provides clients with essential skills and tools, helping them to build the clarity, creativity, and confidence required to handle any situation they encounter with confidence.

From entrepreneurs to athletes, business professionals and people in transition, she works in close partnership with all her clients, laying the groundwork for success through encouragement, motivation and inspiration.

More specifically, she helps people:

- Gain the confidence of knowing where they are going and why
- Strengthen and deepen self awareness
- Identify what they really want
- Learn to live life at a whole new level
- Turn creativity into a positive lifestyle.

Margaret is a member of the International Coaching Federation and graduate of CoachU. She is a licensed Master Practitioner of NLP. Margaret is also a Corporate Etiquette & International Protocol Consultant, certified by the Protocol School of Washington. She offers customized coaching programs for individuals and engaging presentations for organizations.

With many years of experience as a business person, entrepreneur and leader, Margaret is committed to helping you create a vibrant and rewarding life – the life of your dreams.

To find out if coaching is right for you, schedule a complimentary call by sending an e-mail to margaret@beyondthepage.ca or calling 604.885.0208.

Additional Resources from Margaret Page

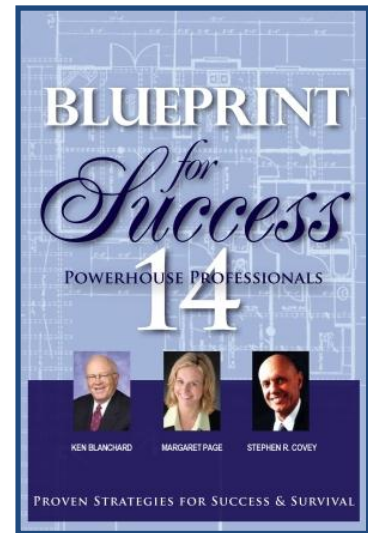
Blueprint for Success

Coach Margaret Page joins co-authors Stephen Covey, Ken Blanchard and 11 other powerhouse consultants, educators and coaches to deliver a concise volume of modern professional wisdom: “*Blueprint for Success.*”

Full of insight, strategies and “ah-ha moments,” the book is a journey through 14 critical factors of professional success – no matter what industry or position you’re in.

Rethink your position, refine your techniques and realize your potential to achieve your greatest vision of success.

To order, please visit www.beyondthepage.ca.



www.YourPathMovie.com

An uplifting and thought-provoking video (3 min.)

Remember...

No matter what...

No matter where you are in life...

You choose your path.

You control your destiny.

Which way will you go?



Goal-Setting Cards

Referencing your goals on a daily basis is a powerful way to achieve your deepest desires. So, where do you write down your goals? How do you keep yourself on track?

Goal-Setting Cards are a great way to stay focused and accountable to the things that matter most. Give yourself a boost of motivation by adding these cards to your collection of self-empowering tools. You’re worth it! To order a set, please contact Margaret Page at margaret@beyondthepage.ca.

