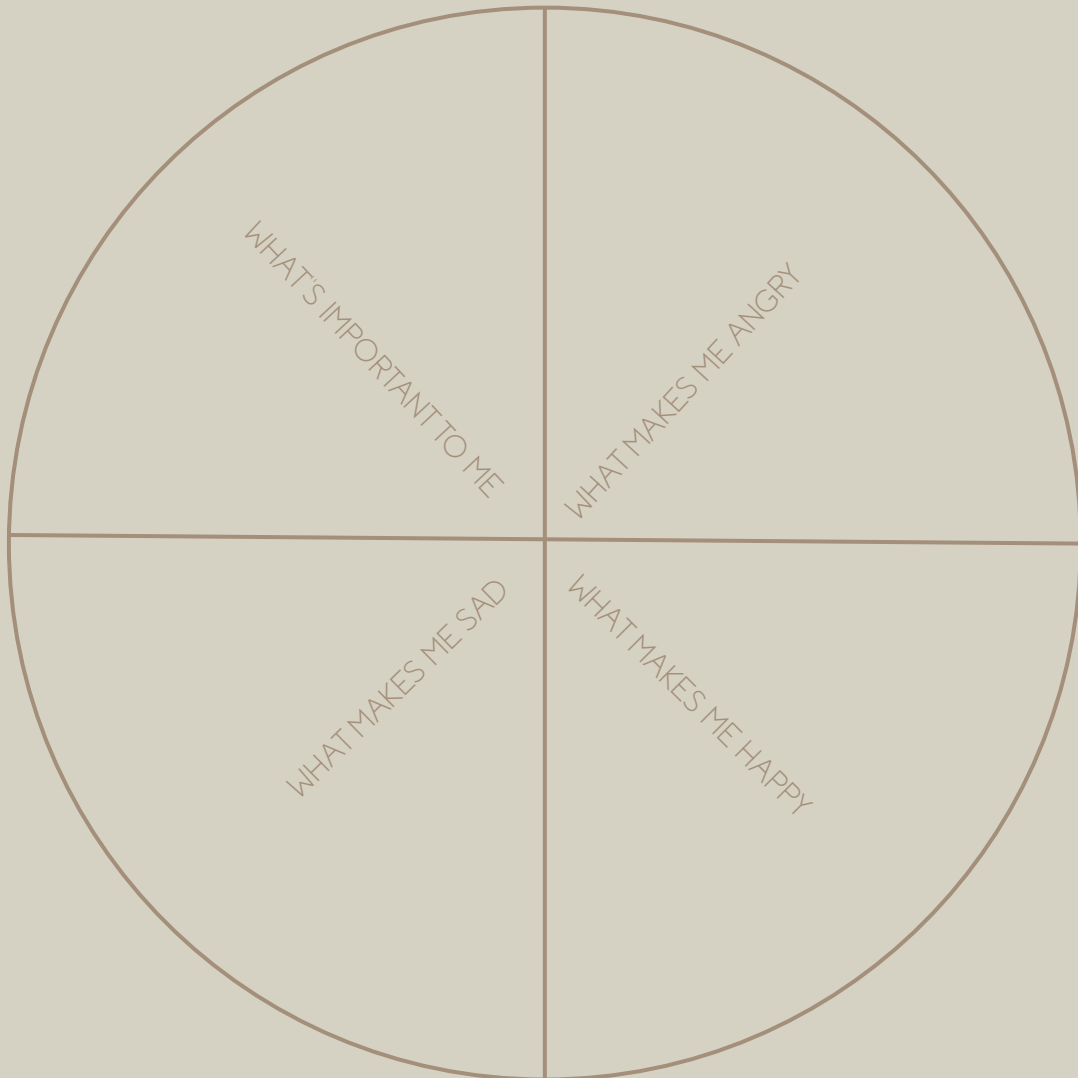




# QUADRANT METHOD

Fill in each quadrant of the circle to start to figure out what your values might be.



# VALUES

Here is a list of values - the aim is to seek out the things which are really important to you. Have a think about which ones resonate with you. When you're trying to figure out your values, try to think about what grinds your gears, what brings you joy, what causes a response from you. If it's not on the list that's ok too!

Humour	Spirituality	Growth
Participation	Harmony	Vitality
Honesty	Empowerment	Aesthetics
Performance	Accomplishment	Trust
Partnership	Self-Expression	Fame
Collaboration	Orderliness	Success
Productivity	Integrity	Love
Community	Creativity	Fairness
Service	Independence	Being Active
Power	Nurturing	Novelty
Contribution	Accuracy	Safety
Freedom of Choice	Joy	Security
Excellence	Adventure	Excitement
Connectedness	Beauty	Change
Fun	Authenticity	Learning
Acknowledgment	Zest	Personal Growth
Focus	Risk	Kindness
Comradeship	Tradition	Peace
Romance	Recognition	Respect
Female Power	Stability	Balance

# VALUES

Write a list of all the values which resonate with you.

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# VALUES

Now narrow it down to your top 3 in order of preference. (We can explore this further in a 1:1 coaching sessions - contact me if you'd like to explore this further).

1

2

3

Now re-write these 3 values in your own words.

1

2

3