TRACK 2: WHOLE PERSON COACHING
NEXT STEPS

Lesson 4: Discovering and Developing Personal Core Values

1. **Watch the video by Chris Bowen on core values.**

   Completed: ☑

2. **Identify your personal core values from at least five areas of your life. (You started this process in Essential #4.) For each one, describe an opportunity to make choices according to it, and identify any threats to your choice to live by it.**

Area of life	Core Values, Opportunities, and Threats	
FINANCES	**Core Values:**	TO BE DEBT FREE, MULTIPLE STREAMS OF INCOME
	Opportunities:	OPPORTUNITIES ARE TO SAVE MONEY, BUDGET, PAY BILLS ON TIME
	Threats:	LOSS OF JOB CAN PLAY A MAJOR IMPACT ON THIS. ITS BEST NOT TO KEEP ALL YOUR EGGS IN ONE BASKET. I DETERMINED IN 2019 THAT I WOULD ACQUIRE MULTIPLE STREAMS OF INCOME AS A PROTECTIVE BARRIER.
BEING THE BEST GRANDMA EVER!	**Core Values:**	MY #1 VALUE IS BEING GRANDMA
	Opportunities:	BEING AVAILABLE, UNDERSTANDING, LOVING, ATTENTIVE, KIND HEARTED, A GREAT LISTENER, COMFORTER MAKES FOR A GREAT RELATIONSHIP FOR MY GRANDCHILDREN.
	Threats:	NOTHING CAN STAND IN THE WAY

Area of life	Core Values, Opportunities, and Threats	
FAMILY	**Core Values:**	Love unconditionally, govern trust and edify one another
	Opportunities:	In every moment spent with the ones we love there is always opportunity to show we care the only threat that can come between you and showing love to those you care about is death. Unconditional love has no boundaries.
	Threats:	Loosing trust in someone can have an impact on how we love a person. But if your love is unconditional then forgiveness will be the answer.
WORK	**Core Values:**	Integrity, customer care and support, reliability
	Opportunities:	Being truthful and forthcoming in all things. Go the extra mile to support the customer. Be welcoming respectful and kind. Be a leader that one can depend on. Always be willing to give a helping hand.
	Threats:	In dealing with customer service there will always be a dissatisfied customer. Not everyone can be made to be happy but if we stay true to our values we can be sure in knowing we did everything we could do one our end to satisfy and make resolution.
ACADEMICS	**Core Values:**	Loving to learn is a great value.
	Opportunities:	Be aware and knowledgeable helps us in our growth and development as a person. Opportunities to learn all around us whether it is to go back to college, attend workshops or self-help groups
	Threats:	Threats could be transportation, money or the lack of will to learn. However, for those who hold the importance in learning there is nothing that can stand in the way of accomplishment
HEALTH	**Core Values:**	Health and Wellness (Mentally, Emotionally and Physically)
	Opportunities:	The opportunity to eat healthy, work out and to relax and nourish our minds all support health and wellness. To live healthy is a choice. Do you go for the candy bar or the apple. Do you take a walk around the block or sit on the couch. Do you live in a mindful chaotic state or do you take a moment to analyze your thoughts and debrief yourself of any toxic thinking? These are choices that have an impact on our values
	Threats:	Toxic thinking is the culprit here. What one thinks becomes. So if we think healthy, we are more prone to do healthy things and reap healthy benefits.

3. Write a one-page summary of what you've learned from this lesson about discovering and developing core values.

Having core values gives us purpose and direction. They are attached firmly to those things that matters most to us in our lives. We can discover what those values are by analyzing those things that make us happy, and content. Those things that make us smile and be at peace. Those things that we are willing to fight for, and deposit our time and energy in will determine where our values lay.

Experiencing life adds structures to our value system but also watching others in their own growth and development curve can influence our own values and decisions.

If ever lacking in strength in our values it is a great thing to surround ourselves around people who are doing what we hope to do one day to achieve that purpose. For example, if the value is to be a community activist the best thing to do is attend community meetings, support legislators, be a samaratian, volunteer time and service and determine what in the community that you would like to fight for and achieve.

If you've completed the assignments, save this PDF and email it to your coach.