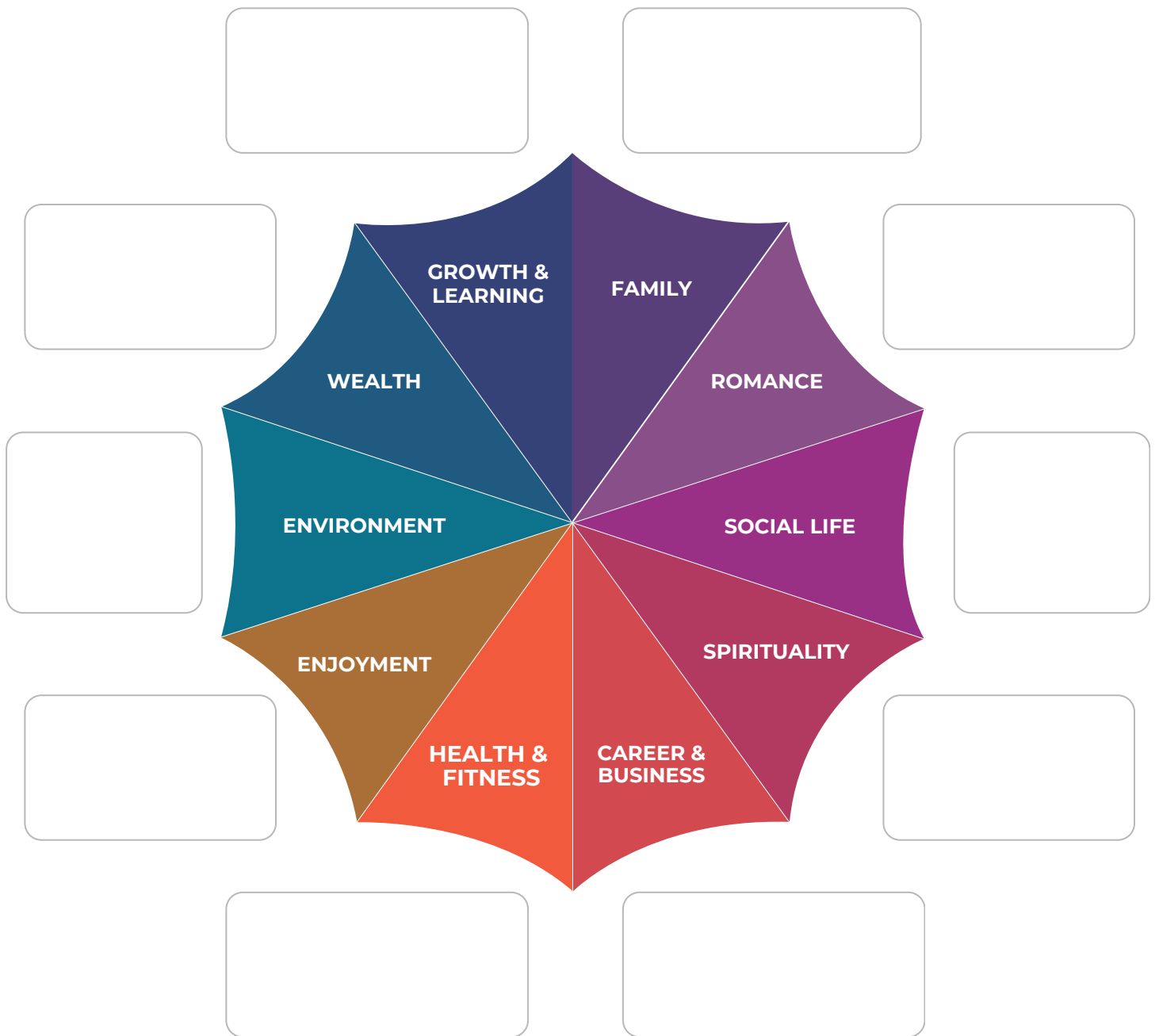


The Web of Life (Core Values)



Instructions

- STEP 1** Reflect on the ten categories of the Web of Life. How would you define each category to represent your life and identity?
- STEP 2** For each category, use the Values List on the next page to identify what matters most to you in each aspect of your life. Choose 1-2 Values.
- STEP 3** Identify the categories you want to change or improve as you work with your coach. Proceed to the next page.

The **Web of Life** Values List

Use the "Values List" as a reference to identify the values you'd like to honor most in each aspect of your life. Add in any additional values as you like too!
(This is a short list!)

Abundance	Excitement	Patriotism	Sustainability
Acceptance	Fairness	Passion	Systemization
Achievement	Faith	Peace, Non-violence	Teamwork
Accomplishment	Fame	Perfection (e.g. of details)	Timeliness
Accountability	Family feeling	Personal Growth	Tolerance
Accuracy	Flair	Pleasure	Tradition
Adventure	Focus	Positive attitude	Transparency
Altruism	Freedom	Power	Tranquility
Ambition	Friendship	Practicality	Trust
Appreciation	Fun	Precision	Truth
Authenticity	Global view	Preservation	Unity
Authority	Good will	Privacy	Variety
Autonomy	Goodness	Problem Solving	Wealth
Balance	Gratitude	Productivity	Wisdom
Beauty	Happiness	Progress	
Belonging	Hard work	Prosperity, Wealth	Add values not listed here:
Choice	Harmony	Punctuality	<input type="text"/>
Commitment	Health	Quality of work	<input type="text"/>
Challenge	Honesty	Recognition	<input type="text"/>
Change	Honor	Regularity	<input type="text"/>
Cleanliness	Humor	Relationship	<input type="text"/>
Collaboration	Imagination	Resourcefulness	<input type="text"/>
Communication	Improvement	Respect	<input type="text"/>
Community	Independence	Responsibility	<input type="text"/>
Compassion	Influence	Responsiveness	<input type="text"/>
Competence	Inner peace	Results	<input type="text"/>
Competition	Innovation	Risk	<input type="text"/>
Concern for others	Inspiration	Routine	<input type="text"/>
Connection	Integrity	Rule of Law	<input type="text"/>
Cooperation	Intellect	Safety	<input type="text"/>
Coordination	Intuition	Satisfying others	<input type="text"/>
Courage	Joy	Security	<input type="text"/>
Curiosity	Justice	Self-expression	<input type="text"/>
Creativity	Kindness	Self-reliance	<input type="text"/>
Decisiveness	Knowledge	Service	<input type="text"/>
Delight of being	Leadership	Simplicity	<input type="text"/>
Democracy	Learning	Skill	<input type="text"/>
Determination	Love, Romance	Speed	<input type="text"/>
Discipline	Loyalty	Spirituality	<input type="text"/>
Discovery	Meaning	Stability	<input type="text"/>
Ease	Merit	Standardization	<input type="text"/>
Efficiency	Money	Status	<input type="text"/>
Equality	Openness	Strength	<input type="text"/>
Excellence	Order	Success	<input type="text"/>

The **Web of Life** Goal Catcher

For each selected category, identify one to *three specific changes* that would move you closer into alignment with your values.

FAMILY

Desired Values

Goals / Changes

ROMANCE

Desired Values

Goals / Changes

SOCIAL LIFE

Desired Values

Goals / Changes

SPIRITUALITY

Desired Values

Goals / Changes

CAREER/BUSINESS

Desired Values

Goals / Changes

NOTES:

The **Web of Life** Goal Catcher Cont'd.

HEALTH & FITNESS

Desired Values

Goals / Changes

ENJOYMENT

Desired Values

Goals / Changes

ENVIRONMENT

Desired Values

Goals / Changes

WEALTH

Desired Values

Goals / Changes

GROWTH / LEARNING

Desired Values

Goals / Changes

NOTES: