



# Quick Coaching Game

To help identify your values



## 6 Words

Take a few minutes to think of six words to best describe you, your personality and your approach to life and work. Choose these words carefully and record them in your journal.



## Find Your Values

Write down 10 values that are important to you on separate post it notes. Then take 30 seconds to select 3 values to throw away. Next, take 20 seconds to select 4 values to throw away. This will leave 3 values which are most important to you.



# Mountain Top Experience

Describe a time when you had a peak experience and felt high and excited about life. Now, draw the experience without worrying about your illustrating skills. As you draw, observe the experience and reflect on what values you are expressing.

# Notes Section

4

# Notes Section

5

# Notes Section

6



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This?

I have lots of resources and activities  
just like this, designed to help you  
identify your values and achieve your  
goals

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