

VALUES CLARIFICATION

The Authentic Presence process is based on the premise that your quality of life is influenced by the extent to which you honor your personal values. By knowing what values are most important to you, the values may be used as a yardstick or criteria in prioritization and decision making.





Please read through the following list of qualities and highlight or circle any that feel particularly important to you. If a word is missing that captures an important value for you, please add it in the space provided at the bottom.

Abundance	Competition	Exhilaration	Inspiration	Persuasion	Sensuality
Acceptance	Completion	Expansion	Integration	Planning	Serenity
Accomplishment	Conformity	Expert	Integrity	Playfulness	Service
Accuracy	Congruent	Faith	Intimacy	Pleasure	Sincerity
Achievement	Connection	Family	Intuition	Power	Solitude
Action	Contentment	Feeling	Invention	Privacy	Space
Adventure	Contribution	Flexibility	Judgment	Process	Spirituality
Aesthetics	Control	Focus	Justice	Professionalism	Spontaneity
Alignment	Courage	Forgiveness	Laughter	Prosperity	Stimulation
Altruism	Creativity	Freedom	Leadership	Quest	Strength
Assistance	Dedication	Fun	Love	Question	Superiority
Attainment	Delight	Glamour	Loyalty	Radiance	Tenderness
Authenticity	Dependable	Gratitude	Magic	Realization	Thinking
Autonomy	Devotion	Guidance	Magnificence	Refinement	Thoughtful
Awareness	Discernment	Harmony	Mastery	Reflection	Thrill
Awe	Discovery	Health	Movement	Religious	Transformation
Balance	Drama	Holistic	Mysticism	Relationship	Trust
Beauty	Dream	Honesty	Nature	Resilience	Truth
Bliss	Educate	Honor	Nurture	Responsibility	Uniqueness
Bravery	Empowerment	Humor	Openness	Reverence	Unity
Calm	Encouragement	Imagination	Originality	Romance	Vision
Choice	Energy	Independence	Partnership	Safety	Vitality
Clarity	Enjoyment	Influence	Patience	Satisfaction	Vulnerability
Commitment	Enlightenment	Information	Peace	Security	Wealth
Community	Entertainment	Ingenuity	Perfection	Self-Expression	Wholeness
Compassion	Excellence	Inquisitive	Perseverance	Sensation	Will

Of all the values/qualities that you've selected, write your top ten in the space provided.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



HIGH POINTS

List four high points in your life... 4 peak experiences that made you feel terrific.
(e.g., winning a marathon, earning a degree, the birth of a child, etc.)

1.

2.

3.

4.

Describe the qualities or characteristics of each of those high points... what was it about them that made you feel so terrific?
(e.g., fulfillment, satisfaction, happiness, etc.)
Please be as specific as possible.



HOT BUTTONS

List four of your 'hot buttons'... situations or attitudes that really aggravate you.
(e.g., entitlement, rudeness, ringing phones in meetings, etc.).

1.

2.

3.

4.

Describe the qualities or characteristics of each 'hot button'... what is it about the buttons that aggravates you?
(e.g., selfishness, disrespect, etc.).



CORE VALUES

Based on your review of the above four explorations, what would you say are your four CORE VALUES that are most important to you in your life right now?

1.

2.

3.

4.

From a leadership perspective it's so important to really hone in on your values both from the standpoint of what your values are and also being able to understand how utilizing those values is important in your decision-making process, in your prioritization, and in how you show up for your team. Where is there alignment with company values and where isn't there alignment? Where is it uncomfortable for you, and how does that affect how you make decisions and how your team makes decisions?



ABOUT KATHY



Hi - I'm Kathy Pearce, and I've been a Leadership & Mindset Coach for the past 7 years.

I offer over 30 years of leadership experience; most recently 15 years with the Microsoft Corporation before becoming a Leadership & Mindset Coach. My coaching is based on Generative Wholeness™ and neuroscience principles, predominantly Positive Intelligence™. I am honored and humbled to have been recognized as one of the Top Mindset Coaches by Coach Foundation.

My coaching style is positive, thought-provoking, compassionate and focused – stemming from a place of deep empathy and curiosity. I bring an integrated approach to coaching and serve those who seek to be their very best by building their mental fitness, deepening personal insight, and leveraging their strengths.

My transformative approach is dedicated to being an advocate for your core values while exploring alternate perspectives, letting go of limiting self-talk and beliefs, and building trust in yourself.

HOW TO WORK WITH KATHY

➤ One-to-One Individual Coaching

Kathy's 1:1 coaching is a professional partnership, a transformative approach, and custom-tailored to your specific individual needs and situation.

[Learn More](#)

➤ Positive Intelligence (PQ)

Your Positive Intelligence Quotient (PQ) is the measure of your mental fitness and is the best predictor of how happy you are, and how well you perform relative to your potential. The PQ Mental Fitness Program is designed to reduce stress, move you from self-sabotage to self-mastery, and boost emotional intelligence.

[Learn More](#)

➤ Customized Coaching

A bespoke program which includes the Positive Intelligence (PQ) 8-Week Intensive Program + GROW Plus upgrade, combined with weekly one-to-one coaching.

[Let's Connect](#)