



## Personal Values

Humour	Participation
Directness	Performance
Partnership	Collaboration
Productivity	Community
Service	Power
Contribution	Freedom
Excellence	Being connected
Free spirited	Acknowledgement
Focus	Comradeship
Romance	Lightness
Recognition	Spirituality
Harmony	Empowerment
Accomplishment	Self-expression
Order	Integrity
Action	Creativity
Honesty	Independence
Success	Nurturing
Accuracy	Joy
Adventure	Beauty
Growth	Authentic
Energy	Risk-taking
Tradition	Peace
Vitality	Trust

*Adapted from: Co-Active Coaching (2<sup>nd</sup> edition, 2007), Whitworth et al.*