

Values / Strengths I Have.....

Check the boxes of values/strengths that you feel you have. Bring this checklist to your next appointment or download this to the client portal.

<input type="checkbox"/> Growth	<input type="checkbox"/> Mastery	<input type="checkbox"/> Recognition	<input type="checkbox"/> Status
<input type="checkbox"/> Adventure	<input type="checkbox"/> Curiosity	<input type="checkbox"/> Imagination	<input type="checkbox"/> Intuition/Intuitive
<input type="checkbox"/> Expertise	<input type="checkbox"/> Acceptance	<input type="checkbox"/> Compassion	<input type="checkbox"/> Empathy
<input type="checkbox"/> Serenity / Joy	<input type="checkbox"/> Thankful(ness)	<input type="checkbox"/> Thoughtful	<input type="checkbox"/> Organization
<input type="checkbox"/> Affection	<input type="checkbox"/> Caring	<input type="checkbox"/> Giving	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Adaptability	<input type="checkbox"/> Balance	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Humility
<input type="checkbox"/> Ambition	<input type="checkbox"/> Confidence	<input type="checkbox"/> Courage/Strength	<input type="checkbox"/> Tolerance
<input type="checkbox"/> Calmness / Peace	<input type="checkbox"/> Fitness/Health	<input type="checkbox"/> Fun/Laughter	<input type="checkbox"/> Playful(ness)
<input type="checkbox"/> Independence	<input type="checkbox"/> Capable	<input type="checkbox"/> Competence	<input type="checkbox"/> Hard-Worker
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Commitment	<input type="checkbox"/> Honor	<input type="checkbox"/> Self-respect
<input type="checkbox"/> Motivation	<input type="checkbox"/> Cleanliness	<input type="checkbox"/> Optimism	<input type="checkbox"/> Thoughtful(ness)
<input type="checkbox"/> Justice Seeking	<input type="checkbox"/> Kindness	<input type="checkbox"/> Leadership	<input type="checkbox"/> Structure
<input type="checkbox"/> Uniqueness	<input type="checkbox"/> Responsible	<input type="checkbox"/> Wisdom	<input type="checkbox"/> Generosity
<input type="checkbox"/> Freedom	<input type="checkbox"/> Patience	<input type="checkbox"/> Results-oriented	<input type="checkbox"/> Intelligence
<input type="checkbox"/> Timeliness	<input type="checkbox"/> Awareness	<input type="checkbox"/> Trustworthy	<input type="checkbox"/> Boundaries
<input type="checkbox"/> Selflessness	<input type="checkbox"/> Beauty	<input type="checkbox"/> Winning /Wealth	<input type="checkbox"/> Certainty
<input type="checkbox"/> Support/Supportive	<input type="checkbox"/> Connection	<input type="checkbox"/> Mindfulness	<input type="checkbox"/> Control

- Other: _____
- Other: _____
- Other: _____

Values / Strengths I Want

Check the boxes of values/strengths that you want more of or don't have (but want). Bring this checklist to your next appointment or download this sheet to the client portal.

<input type="checkbox"/> Growth	<input type="checkbox"/> Mastery	<input type="checkbox"/> Recognition	<input type="checkbox"/> Status
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<input type="checkbox"/> Expertise	<input type="checkbox"/> Acceptance	<input type="checkbox"/> Compassion	<input type="checkbox"/> Empathy
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<input type="checkbox"/> Affection	<input type="checkbox"/> Caring	<input type="checkbox"/> Giving	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Adaptability	<input type="checkbox"/> Balance	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Humility
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- Other: _____
- Other: _____
- Other: _____