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.

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

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.

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