

UNLIMITED POWER



THE COACHING MASTERS

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YOUR ESSENTIAL VALUES

HEALTH - FINANCE - WORK - RELATIONSHIPS - SPIRITUALITY

1. With respect to these categories, mark seven words from each topics, being able to include words that are not in the list.

HEALTH	FINANCES	JOB	RELATIONSHIPS	SPIRITUALITY
Vitality	Freedom	Respect	Love	Faith
Harmony	Safety	Freedom	Kindness	Goal
Longevity	Respect	Harmony	Leisure	Harmony
Energy	Pleasure	Apprenticeship	Understanding	Transcendence
Beauty	Opportunities	Competence	Growth	Acceptance
Humor	Realization	Evolution	Gratitude	Transformation
Balance	Progress	Enthusiasm	Freedom	God
Pleasure	Balance	Development	Complicity	Fullness
Force	Fun	Self-esteem	Balance	Hope
Ideal weight	Conquest	Motivation	Friendship	Fraternity
Patience	Independence	Confidence	Collaboration	Compassion
Leisure	Patrimony	Excellence	Sexuality	Humility
Sport	Abundance	Stability	Peace	Patience
Food	Power	Wisdom	Donation	Free will
Dynamism	Stability	Renovation	Dialogue	Growth
Happiness	Culture	Leadership	Sincerity	Wisdom
Welfare	Comfort	Opportunity	Lust	Conscience
Comfort	Prestige	Dedication	Idealism	Serenity
Intelligence		Boldness	Honesty	Balance
Satisfaction		Sharing	Communication	Tuning
				Own domain

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2. Have you selected the seven words from each category? Rank them now in order of priority, from 1 to 3, starting with the ones that are the most important to you:

HEALTH	FINANCES	JOB	RELATIONSHIPS	SPIRITUALITY
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3

3. Now take the first on the list in each category, placing them at each point below:

Health: _____

Finance: _____

Job: _____

Relationships: _____

Health: _____

4. These words represent the main values you have in life. If you are getting what is in these words, you are fulfilled and in love with life. Otherwise, what needs to be done to get it? Now that you have the map, it's easier to explore the territory.

What?

What do you think you need to do between now and next week that can get you closer to your goal? BE SPECIFIC.

When?

Set a deadline for each established action

Commitment

From 0 to 10, do you commit to *how much* in carrying out what you proposed?

● Spirituality _____

● Health _____

● Finance _____

● Job _____

● Relationships _____

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REAL GAINS

What will happen if you honestly proceed with this goal?



TRUE PURPOSE

What is the real purpose for which you want this?

