



# The Military Spouse Coach®

Support, strategies and solutions for career and life

**VALUES EXERCISE: Values are the things in life that are most important to you. They are your beliefs and ways of being in the world that you prioritize. Your values reflect your unique individual essence—the core of who you are. Pick 10 needs that resonate with you. Narrow to your five top values.**

<ul style="list-style-type: none"> <li>• Acceptance</li> <li>• Accomplishment</li> <li>• Adventure</li> <li>• Aesthetics/Beauty</li> <li>• Affection</li> <li>• Authenticity</li> <li>• Authority</li> <li>• Autonomy</li> <li>• Balance</li> <li>• Challenge</li> <li>• Commitment</li> <li>• Communication</li> <li>• Community</li> <li>• Compassion</li> <li>• Competence</li> <li>• Competition</li> <li>• Connection</li> <li>• Contentment</li> <li>• Contribution</li> <li>• Control/Power</li> <li>• Cooperation</li> <li>• Creativity</li> <li>• Duty</li> </ul>	<ul style="list-style-type: none"> <li>• Education</li> <li>• Environment</li> <li>• Equity/Fairness</li> <li>• Excitement</li> <li>• Exploration</li> <li>• Family</li> <li>• Financial security</li> <li>• Flexibility</li> <li>• Forgiveness</li> <li>• Freedom</li> <li>• Friendship</li> <li>• Fun</li> <li>• Generosity</li> <li>• Global Responsibility</li> <li>• Gratification</li> <li>• Happiness</li> <li>• Harmony</li> <li>• Health/Fitness</li> <li>• Healthy Lifestyle</li> <li>• Helping</li> <li>• Home</li> <li>• Honesty</li> <li>• Humor</li> </ul>	<ul style="list-style-type: none"> <li>• Independence</li> <li>• Integrity</li> <li>• Intimacy</li> <li>• Joy</li> <li>• Justice</li> <li>• Kindness</li> <li>• Leadership</li> <li>• Learning</li> <li>• Listening</li> <li>• Loyalty</li> <li>• Meaning</li> <li>• Nurturance</li> <li>• Nutrition</li> <li>• Obligation</li> <li>• Parenting</li> <li>• Personal growth</li> <li>• Play</li> <li>• Pride</li> <li>• Productivity</li> <li>• Prosperity</li> <li>• Purpose</li> <li>• Quietness</li> <li>• Recognition</li> </ul>	<ul style="list-style-type: none"> <li>• Religious faith</li> <li>• Respect</li> <li>• Responsibility</li> <li>• Risk</li> <li>• Self-Awareness</li> <li>• Self-Care</li> <li>• Service to others</li> <li>• Security</li> <li>• Self-discipline</li> <li>• Self-esteem</li> <li>• Spirituality</li> <li>• Spontaneity</li> <li>• Stability</li> <li>• Structure</li> <li>• Support</li> <li>• Survival</li> <li>• Teaching</li> <li>• Team Work</li> <li>• Tolerance</li> <li>• Tradition</li> <li>• Trust</li> <li>• Wisdom</li> <li>• Wealth</li> </ul>
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1. Explain an event in your life that was particularly rewarding or fulfilling? Were you incorporating any of your top 5 values?

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2. Explain a time when you were extremely upset. Were any of your core 5 values being tested?

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3. What do you do to satisfy others that perhaps violates personal boundaries? Are you meeting others' values rather than your own?

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4. Do you know your significant other's top values? Are there times when you assume your partner understands your top values or times when you misunderstand theirs?

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5. How can you use your top 5 values in your day-to-day life to assist you with making big decisions?

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