

The Worksheets

THERAPY WITH A COACHING EDGE:

Partnership, Action and Possibility in Every Session
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List of Core Values

From Skill #7: Align with Core Values

Helping clients understand how to align with their core values can be an antidote to a low-level depression, hopelessness, or boredom. It can bring urgency and resolution into decisions and help to shift the perspective on intractable issues and problems.

Steps to Enhance Meaning and Purpose

The steps to take to introduce a discussion about core values includes showing clients how to:

1. **Identify core values.** To bring the topic of values into therapy, offer a client a core-values list similar to the one offered below. Ask a client to target no more than three core values for this process.

2. **Align action with values.** Use therapy sessions to help your client talk about his or her top three values. Allow your client to talk about how these values have influenced earlier choices and decisions. Ask questions, hear stories from the past. Listen, acknowledge, and be curious. Suggest that your client select one value to focus on. Then ask your client to consider how to orient some problem, challenge or goal in life to highlight this core value.

3. **Design a value-based plan.** Help your client orient a goal based on one specific core value. Ask:

- *How does this plan honor the core value?*
- *What steps will bring this value into play?*

- *Is there a way to make sure that the solution to the problem, challenge, or goal allows this value to shine through?*

4. Develop a plan with measurable action steps. Once your client is satisfied with a plan that is based on the selected value, commit the plan to paper. Track progress toward the goal. Celebrate any wins. Use sessions to overcome obstacles. Continue to process how the core value changes the level of meaning and purpose in your client's life.

On the next page, please see a list of core values that you can share with your clients. If important values are missing from this list, ask clients to add to this or adapt and adjust it for their needs.

List of Core Values

integrity	generosity	humor	adventure	understanding
challenge	freedom	literature	attraction	persuasion
accomplishment	duty	influence	power	daring
action	economy	inspiration	quiet	honesty
adventure	encouragement	integrity	respect	patience
advocacy	enlightenment	intuition	risk	winning
altruism	excellence	invention	rules	decency
assurance	experience	joy	sacredness	honor
awareness	expression	justice	safety	peace
beauty	fairness	kindness	security	wonder
diversity	faith	leadership	sensuality	democracy
optimism	family	learning	service	humility
children	frugality	loyalty	stability	discovery
cleanliness	fun	mastering	strength	perfection
community	goodwill	nature	friendship	imagination
compassion	grace	novelty	trust	playfulness
connection	gratitude	nurturing	truth	acceptance
love	growth	openness	understanding	forgiveness
courage	happiness	organization	vitality	wealth
creativity	home	partnership	wholeness	profit

Values not in the list but important to clients:

1.

2.

3.

4.

5.

What results occur when clients align their actions with their core values during the course of therapy?

For more support, case examples and complete information, read or re-read chapter 7 of *Therapy with a Coaching Edge*.