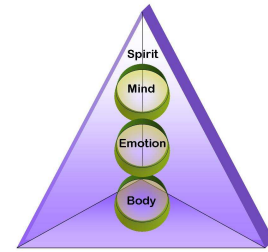


Life Purpose

It is easy to lose sight of our Life Purpose. An unexpected crisis or health challenge, family, work and all the demands of everyday life can add stress and leave us feeling unbalanced, lost and without direction.

This is a great tool for getting back on track is to clearly define your core values, the standard you live by.



What do you truly believe in? What defines you as a person?

Values guide our decisions and the course of direction we take in everything that happens in our life. They help establish priorities and our goals. They define our character. Our life purpose is grounded in our values.

Our values come from a number of sources including our life experiences, parents and family, religious affiliation, friends and peers, education, reading, and more. Values also change or take on new meaning throughout our life.

Choose the values you believe in and that define your character. Below are a few examples to choose from. You may want to add to this list, be creative.

- | | | |
|----------------|---------------|-----------------|
| Acceptance | Freedom | Order |
| Accomplishment | Gratitude | Peace |
| Adventure | Happiness | Persistence |
| Altruism | Health | Power |
| Appreciation | Honesty | Practicality |
| Authenticity | Humor | Reason |
| Belief in God | Imagination | Resourcefulness |
| Commitment | Individuality | Self Worth |
| Community | Integrity | Service |
| Compassion | Intuition | Sincerity |
| Connectedness | Joy | Spirituality |
| Conviction | Knowledge | Success |
| Courage | Love | Tolerance |
| Creativity | Loyalty | Tradition |
| Determination | Nature | Trust |
| Fairness | Nurturing | Wisdom |
| Faithfulness | | |

The first time through, circle ALL that apply. Refine the list until you have five (5) values that define you as a person and then prioritize them by importance.

Values define who you are, why you act the way you do, and how you interact with others. Knowing what is important enables you to gain deeper self-knowledge and awareness that can help you identify and develop your strengths and gifts.

As your Coach, I will encourage and support you in defining your values and life purpose. This is a major step to achieving your goals and living a balanced life.

Take the first step on the path to greater health and wellness by [contacting me](#) today at 866.680.4809.



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