



# Wise Heart Coaching

*with Judith Auslander, M.A.*

## PRINT THIS PAGE OUT AND FILL IN AS FOLLOWS!

First fill out **Column One** checking off the 10 values from the list that you hold most dear.

Next go to **Column Two** and rank these 10 values in order from 1 to 10 with 1 being the value you hold most dear on down to 10

Lastly, in **Column Three** look at these 10 values and see how often they show up in your life. Maybe some of the things you value most aren't even a part of your daily life - maybe they don't even rank in the 10. How do you think this affects your life?

Coaching can help you to bring into your life the things you value most. Email me and we can discuss the results.

Values	10 Values you Hold Most Dear	Rank the 10 1=most,10=least	How often do these 10 show up in your life 1=most, 10=least
Achievement			
Adventure			
Balance			
Beauty			
Children			
Commitment			
Community			
Communication			
Competition			
Contribution			
Creativity			
Education			
Empowerment			
Excellence			
Family			
Freedom			
Fun			
God/Faith			
Happiness			
Health/Fitness			
Honesty			
Independence			
Integrity			
Intimacy			
Job/Career			
Leisure			
Love			
Loyalty			
Marriage			
Money			

Nature			
Peace			
Pleasure			
Recognition			
Romance			
Security			
Self-Confidence			
Self-Expression			
Self-Improvement			
Solitude			
Spirituality			
Trust			
Wholeness			
Wisdom			

**If your values are not showing up in your life - if you are not living your authentic life - then it is time to start doing something about it. The first step toward living a life that fulfills your intrinsic values is to talk to Judith Auslander. As your Life Coach, she will help you remember your core values and to create a life that incorporates them. What are you waiting for? Tomorrow - the next day - how many days before you start the living the life you have always known you were to live? Through coaching, you will rediscover your dreams.**