

Tru Values Program™

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Your values, *as we use the word here*, are the behaviors, activities, and concepts to which you're naturally drawn. **Values reflect who you really are.** They include things like:

- Creating
- Teaching
- Spirituality
- Beauty
- Contributing
- Adventure

A list of over 150 values follows on page three. The Tru Values™ Program helps you discern your top four values and puts you on a path toward honoring them. To honor your values and re-orient your life around them is to give yourself the ultimate gift.

PURPOSE OF THE PROGRAM

The purpose of the Tru Values™ Program is to help you:

1. Identify what your true values really are.
2. Reorient your life around expressing these values.

WHAT ARE TRU VALUES?

We're defining values as the things you're drawn to doing or that you find very attractive. When you're honoring these values, you feel most like yourself: well, connected, excited, glowing, and effortless.

Although we appreciate these things, we often don't focus on and pursue the very things that are most important to us. We may be too busy with responsibilities, just getting by, etc. When you honor your Tru Values, you substantially alter and enhance your life.

Many of us spend our lives trying (consciously or not) to honor these Tru Values. When we're not able to, we find ourselves getting disturbed or frustrated, bored or complacent, wishing and hoping to have a better life. This better life flows from your Tru Values.

Will you give yourself the best gift ever? Your Coach can help you to understand values, identify those that fit you best, and implement the necessary steps to express and honor them in your life.

INSTRUCTIONS

Please read these instructions carefully. We suggest you read through the entire program at least once before you begin step 1.

STEP 1: SELECT TEN VALUES

Read the list of 150+ values and circle approximately ten that resonate as a value for you. You may circle the column headings if that's the word that resonates most. Feel free to include a word of your own if it better expresses your value.

You're looking for a VALUE - **not a want, "should," fantasy, or wish**. A value is a MUST for you to connect with in order for you to BE YOURSELF. Part of the first step is to TELL THE TRUTH about what you ACTUALLY VALUE or LOVE to do with your time. This may be the first time you've ever admitted this to yourself. Some of these you'll know innately. Others require you to be very straight with yourself. Please be willing to "try on" words you might normally skip over. These may be hidden values. If so, you may have one or more of the following reactions:

- "No, no, no; that would be too much fun!"
- "That's a silly value; I should have a better one."
- "If that were true, I'd have to change my life a lot!"
- Flush, blush, or shake when reading the word!

Now circle the ten words you believe to be Tru Values. Ask yourself: **If I had this, would I be naturally turned on, without effort?**

STEP 2: NARROW YOUR VALUES TO FOUR

We all value a little of everything listed on this page. But we want you to pick four Tru Values from the ones you circled. You may wish to compare each of your ten with the other nine and ask yourself:

- Now, do I really prefer X or Y?
- Which ones aren't that intriguing to me anymore?
- Which ones, when honored, make the other ones not as exciting?"

Here are some questions to ask yourself during the process of choosing your four Tru Values that can help you make the best selections:

- Why is this value important to me?
- Who am I when I am this value? (How do I act? What do I think about? What motivates me?)
- Who am I not when I am this value? (How do I behave? How do I feel about myself? About others? About life?)

ADVENTURE

Risk
The Unknown
Thrill
Danger
Speculation
Dare
Gamble
Endeavor
Quest
Experiment
Exhilaration
Venture

TO CATALYZE

Impact
Move forward
Touch
Turn on
Free others
Coach
Spark
Encourage
Influence
Stimulate
Energize
Alter

TO CONTRIBUTE

Serve
Improve
Augment
Assist
Endow
Strengthen
Facilitate
Minister to
Grant
Provide
Foster

PLEASURE

Have fun
Be hedonistic
Sex
Sensual Bliss
Be amused
Be entertained
Play
Sports

BEAUTY

Grace
Refinement
Elegance
Attractiveness
Loveliness
Radiance
Magnificence
Gloriousness
Taste

TO DISCOVER

Learn
Detect
Perceive
Locate
Realize
Uncover
Discern
Distinguish
Observe

TO FEEL

Emote
To experience
Sense
To glow
To feel good
Be with
Energy flow
In touch with
Sensations

TO LEAD

Guide
Inspire
Influence
Cause
Arouse
Enlist
Reign
Govern
Rule
Persuade
Encourage
Model

MASTERY

Expert
Adept
Dominate field
Superiority
Primacy
Preeminence
Greatest Best
Outdo
Set standards
Excellence

TO RELATE

Be connected
Community
Family
To unite
To nurture
Be linked
Be bonded
Be integrated
Be with

BE SENSITIVE

Tenderness
Touch
Perceive
Be present
Empathize
Support
Compassion
Respond
See

TO CREATE

Design
Invent
Synthesize
Imagination
Ingenuity
Originality
Conceive
Plan
Build
Perfect
Assemble
Inspire

BE SPIRITUAL

Be aware
Be accepting
Be awake
Relate w/God
Devoting
Holy
Honoring
Be passionate
Religious

TO TEACH

Educate
Instruct
Enlighten
Inform
Prepare
Edify
Prime
Uplift
Explain

TO WIN

Prevail
Accomplish
Attain
Score
Acquire
Win over
Triumph
Predominate
Attract