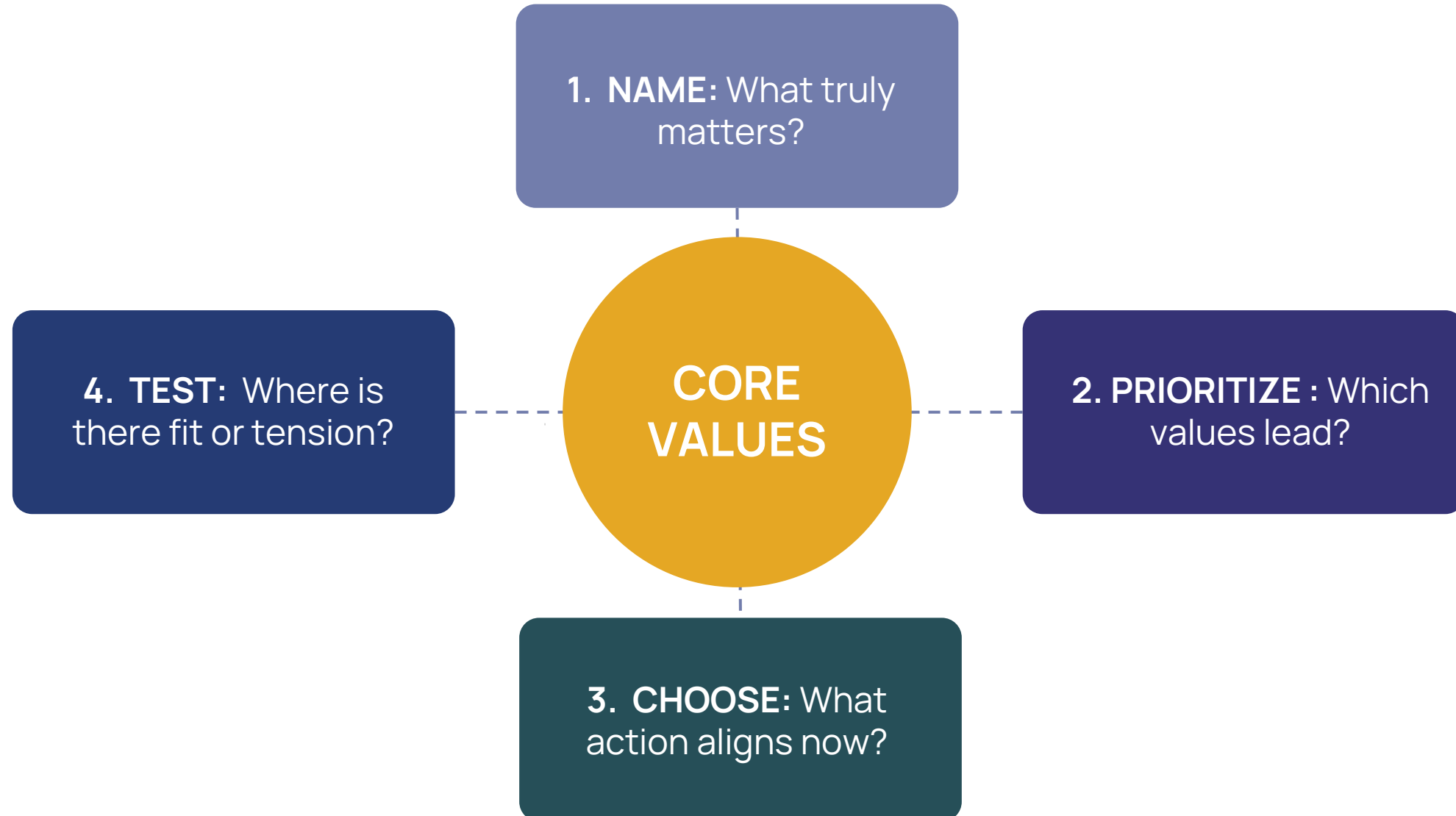


# 3be Clarifying Core Values

A reflective tool that helps coachees name what matters most, test decisions against those values, and act with greater alignment and integrity.



# 3<sup>be</sup> Clarifying Core Values

A practical way to help coachees move from vague ideals to clear choices, boundaries, and next steps.

- 1 Generate a wide list.** Invite the client to name many values first, without editing too quickly. What words carry meaning, energy, or truth?
- 2 Narrow to the core.** Help them choose the five that matter most, and then the two or three they most want to live by right now.
- 3 Define each value.** Ask what each value means in the client's own language so the words become practical, not generic.
- 4 Test a real decision.** Use a current choice, conflict, or tension to see where the client is aligned and where compromise is costing them.
- 5 Choose one aligned action.** Finish with one step, conversation, or boundary that honours the value in a visible way.

## Why It Works

It helps people make decisions that are more aligned with who they are, especially when they seem successful by external measures but feel off course internally.

## Coach's lens

- Distinguish true values from inherited "shoulds."
- Watch for values in tension; they often reveal what is most real.

## Try this prompt

- *"Which value most wants a voice in this decision?"*