



## TRACK 2: WHOLE PERSON COACHING NEXT STEPS

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### Lesson 4: Discovering and Developing Personal Core Values

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1. Watch the video by Chris Bowen on core values.

Completed:

2. Identify your personal core values from at least five areas of your life. (You started this process in Essential #4.) For each one, describe an opportunity to make choices according to it, and identify any threats to your choice to live by it.

Area of life	Core Values, Opportunities, and Threats
	<b>Core Values:</b>
	<b>Opportunities:</b>
	<b>Threats:</b>
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	<b>Threats:</b>

**3. Write a one-page summary of what you've learned from this lesson about discovering and developing core values.**

**If you've completed the assignments, save this PDF and email it to your coach.**