

Download Values The Key To A Meaningful Life

Take a look at this list of corporate values: Communication. Respect. Integrity. Excellence. They sound pretty good, don't they? Strong, concise, meaningful. Maybe they even resemble your own ...**OVERVIEW:** This guide provides detailed step-by-step instructions on how to discover your personal core values and to use personal values in meaningful ways. As a business coach, I appreciate the power of values. I've noticed that individuals experience greater fulfillment when they live by their values. And when we don't honor our values, our mental, emotional, and physical state suffers. I was reading an article by Martin E. P. Seligman on authentic happiness called Pleasure, Meaning, and Eudemonia.. The big idea is that there are three paths to a happy life: The Pleasant Life, The Good Life, and The Meaningful Life. **VALUES WORKSHEET** (Adapted from Kelly Wilson's Valued Living Questionnaire) Deep down inside, what is important to you? What do you want your life to stand for?