



What Actually Drives You

Your values aren't words on a poster — they're the quiet referees calling fouls on your calendar, your career, and your relationships. When life feels off, it's usually because something you deeply value is being benched. Name them here, honestly.

This worksheet is just an example. In our session, we go deeper than any worksheet can — and everything we cover is focused entirely around you and your needs. There are no right answers here.

1 · The five values that actually run my life

Not the résumé words. The ones that decide what you do at 11pm — freedom, security, being seen, peace, excellence, honesty...

2 · Which one did I inherit — and which one did I choose?

Family, church, culture hand us some. Some we earn the hard way. Both are allowed — but know which is which.

3 · Where is my life contradicting my values right now?

Work, people, calendar, money. Where do I say one thing and live another?

4 · The decision I keep avoiding is stuck against which value?

Stuck usually means two of your values are fighting. Name both — that's the whole argument.



K&K Alliance Group

CAREER DEVELOPMENT & LIFE COACHING · KRISTA RICKMAN

(404) 624-6683

www.kandkalliance.group

krista@kandkalliance.group

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The compass

Values do two jobs: they explain your past and they steer your next decision. This page turns them into a compass you'll actually use.

5 · What do I compromise when I'm tired or scared?

Every top value has a shadow. That's not failure — that's data for the plan.

6 · A moment I was proud of — which value was I living?

Any decade. Small counts. Pride is proof of values in action.

7 · My compass question — the one thing I'll ask before my next yes

Build it from your top value: "Does this give me ___?" or "Would the ___ version of me do this?"

8 · If I honored my top value for 30 days, what changes first?

Values are the spine of every session.

Whether it's a **Private Clarity Session (\$244)** or the full **Transformation Partnership (\$1,800)**, we start from what actually drives you — then build goals that fit the person you are. Bring this worksheet to a **free 20-minute discovery call** and we'll read it together.

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Coaching complements therapy — it never replaces it. Everything you bring stays between us.