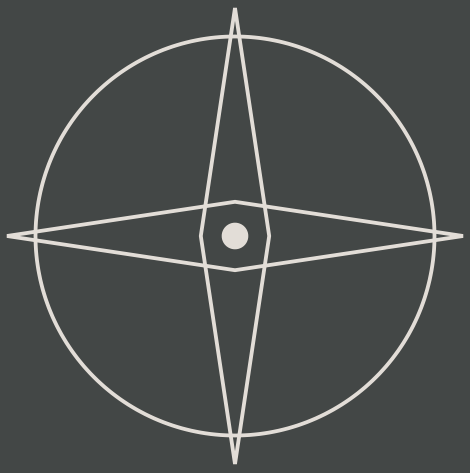

YOUR GROWTH EDGE

Values

Living by your own compass. A companion workbook to your Life Transition Scorecard.

DANA PETERS, MA · LIFE COACH

Dana Peters
COACHING AND CONSULTING

BEFORE YOU BEGIN

Your growth edge: Values



Over time, it's easy to lose touch with what you value. We become partners. We start families. Our careers become our identities. Along the way, we take on the values of the people, places and things around us without realizing it, and slowly drift from what we value as individuals.

Most of us are living by values we inherited: from family, from culture, from a success track someone else chose. Some still fit. Some we outgrew years ago and never stopped to check.

What if I told you that "something's off" feeling is information, not a problem? It often points straight at the gap between what you value and how you spend your days. You already know what you care about. This workbook helps you live like it.

With you in it,
Dana

WHAT YOUR SCORE MEANS

Values was your lowest area. That's not a grade. It shows where a little attention will open the most room right now.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Write by hand or type right into the boxes, and come back to it in a month.

EXERCISE 1

Chosen or inherited?

Write down five values that guide your life right now (the values list in your *What Do I Want Now?* workbook can help). Then trace where each one came from, and whether it still feels like yours.

MY VALUE	WHERE IT CAME FROM (ME, FAMILY, CULTURE, AN OLDER VERSION OF ME)	STILL MINE? KEEP, UPDATE OR LET GO

Is there a value you hold that isn't on this list yet, but you want it to be?

EXERCISE 2

Follow the week

Your calendar tells the truth about your values. Look back at the last seven days and list where your time went, in big blocks. Then match each block to the value it served.

WHERE MY TIME WENT	ABOUT HOW MANY HOURS	THE VALUE IT SERVED

Which of my top five values got the fewest hours?

What has been getting that time instead?

EXERCISE 3

One value, one week

You don’t have to rebuild your life to close the gap. Pick the value that got the least of you this week and give it a little room on purpose.

The value I’m giving room to:

Three small ways I could live it this week:

#	IDEA
1	
2	
3	

The one I choose, and when:

At the end of the week: what changed when I gave it room?

BEFORE YOU CLOSE THIS

Your compass was always yours

You don't need a new life. You need a life that looks more like what you care about, one week at a time.

Notice. Choose. Make room.

If you'd like help closing the gap, book a free 30-minute consultation. And tell me: which value has been waiting the longest for your attention?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps built for your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

> *"She has been instrumental in the growth I have had with my self-confidence and communication skills... She also has given me practical tools to handle tough situations."*
>
> D.L., MIDLIFE WORKING MOM OF TWO

COACHING

Individuals and couples, in person in Lafayette, CA and online

CONTACT

619-518-8818

danapeterscoaching.com

© 2026 DANA PETERS COACHING

FOR PERSONAL USE