

## What I Value

Circle (or highlight) **TEN** of the values that sound like you. Don't judge them as right or wrong—just pick the ones that match who you are and what you care about most. If other words come to mind that are not on this list, add them in the blanks below. Note that the italic words on the left are general categories; words to the right are more specific ways to express that value. If you're one of our private coaching clients, **save** this completed information and **upload** it to your confidential Red Cape Revolution Dropbox folder before our coaching session.

Your Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

<i>Adventure</i>	Risk Dare Experiment	Thrill Gamble Exhilaration	Danger Endeavor Venture	Speculation Quest The unknown
<i>Beauty</i>	Grace Loveliness Taste	Refinement Radiance	Elegance Magnificence	Attractiveness Gloriousness
<i>To Catalyze</i>	Impact Free others Influence	Move forward Coach Stimulate	Touch Spark Energize	Turn on Encourage Alter
<i>To Contribute</i>	Serve Endow Grant	Improve Strengthen Provide	Augment Facilitate Foster	Assist Minister to
<i>To Create</i>	Design Ingenuity Build	Invent Originality Perfect	Synthesize Conceive Assemble	Imagination Plan Inspire
<i>To Discover</i>	Learn Realize Observe	Detect Uncover	Perceive Discern	Locate Distinguish
<i>To Feel</i>	Emote To feel good Sensations	To experience Be with	Sense Energy flow	To glow In touch with
<i>To Lead</i>	Guide Arouse Rule	Inspire Enlist Persuade	Influence Reign Encourage	Cause Govern Model
<i>Mastery</i>	Expert Superiority Best	Rule field Primacy Outdo	Adept Preeminence Set standards	Dominate field Greatest Excellence
<i>Pleasure</i>	Have fun Bliss Sports	Be hedonistic Be amused	Sex Be entertained	Sensual Play games
<i>To Relate</i>	Be connected To nurture Be with	Family Be linked	To unite Be bonded	Part of community Be integrated
<i>Be Sensitive</i>	Tenderness Empathize See	Touch Support	Perceive Respond	Be present Show compassion
<i>Be Spiritual</i>	Be aware Devoting Religious	Be accepting Holy	Be awake Honoring	Relate with God Be passionate
<i>To Teach</i>	Educate Prepare Explain	Instruct Edify	Enlighten Prime	Inform Uplift
<i>To Win</i>	Prevail Acquire Attract	Accomplish Win over	Attain Triumph	Score Predominate

Rewrite the ten you circled above. Then, check four that you care about most—ones you believe are most important to you.

	<b>My ten top values</b>	<b>My top four (mark X)</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

On a scale of 1-10, how strongly do you feel about your four? \_\_\_\_\_

If not an 8 or more on each, go back and review your list of values again. Pay attention to the reactions in your body and heart, not necessarily your head.

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## About Red Cape Revolution

Our company provides **executive coaching and leadership development services**, plus **career and success content and tools that reflect today's realities, pressures, and opportunities**. With a sense of humor about a serious subject, we strive to be the place where smart leaders can change their life at work and find fresh ways to create success for the organization and for themselves.



Our mission is to help drive a movement—a revolution—redefining and recreating the rules around how choose to live our lives at work today. Our work out in the world and our ideas shared at our home, [www.RedCapeRevolution.com](http://www.RedCapeRevolution.com), all aim to generate more clarity, confidence and control in our lives at work, no matter what's happening in any one economy, industry, or company.

We know from our work with hundreds of clients that **when clarity, confidence, and control accelerate, fear fades, and a more successful, happier, and productive workplace emerges**. And those results are equally good for individuals, companies, communities, and the world.

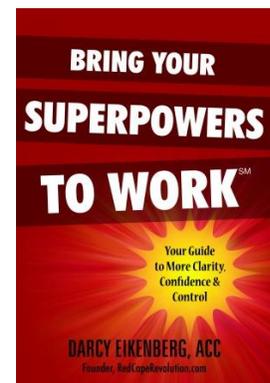
## About the Founder, Darcy Eikenberg, PCC



**Darcy helps high performance professionals accelerate their leadership in ways that work for their organizations and for themselves.** With a practical, real-life perspective, and with over 20 years' experience working with top companies such as The Coca-Cola Company, Microsoft, and Deloitte, **Darcy's clients consistently grow to greater levels of clarity, confidence and control in their work and lives—all leading to better business results.**

Before launching her own business, Darcy was a Principal at human resources consulting firm Hewitt Associates (now part of Aon), where she served on both the Southeast and the North American Communication Consulting Leadership teams. In those roles, she was accountable for developing and retaining talent, building managers and teams, and growing a healthy bottom-line. She also innovated and led an internal coaching program supporting high potential associates and high revenue teams.

In addition to her work with executives and leaders, Darcy founded career and success site [RedCapeRevolution.com](http://RedCapeRevolution.com) as a way to help everyday professionals at all levels discover their "superpowers" and make a bigger difference in their own corners of the world. Her book, ***Bring Your Superpowers to Work: Your Guide to More Clarity, Confidence and Control***, is available on Amazon and BN.com.



Darcy is a popular speaker, working with organizations such as the International Association of Business Communicators (IABC), the Risk Management Society (RIMS), and the Public Relations Society of America (PRSA). She's been quoted in the *Harvard Business Review*, CNN.com, *Atlanta Journal-Constitution* and CareerBuilder.com among others. Darcy is the past president of the Georgia chapter of the International Coach Federation (ICF) and earned her professional coaching credentials through ICF. Darcy graduated from Northwestern University. **She welcomes hearing from you!**

[Darcy@RedCapeRevolution.com](mailto:Darcy@RedCapeRevolution.com) | 404.857.2REV (2738) | [RedCapeRevolution.com](http://RedCapeRevolution.com)

[Facebook.com/RedCapeRevolution](https://Facebook.com/RedCapeRevolution) | @RedCapeRev | [LinkedIn.com/in/DarcyEikenberg](https://LinkedIn.com/in/DarcyEikenberg)