We've developed a simple, powerful, and sustainable process for **discovering values.**

Whether you're on the ground working directly with the population you serve or a member of the C-suite team helping set and reach organizational goals, strong values clarity and implementation capacity can help bridge personal and organizational priorities and allow individuals and all team sizes to build confidence and effective leadership skills. The "Values Based Life" approach takes away the confusion of most values work and makes what you discover easy to remember and apply.

The key is separating values into two categories:

Priorities

Your Priorities are nouns describing **what** is important to you, the areas of your life where you are committed to getting excellent results.

Ways of Being

Your Ways of Being are adjectives describing **the way** you want to show up in the world, the qualities and characteristics that describe the kind of leader you want to be.

Our ***Priorities*** and our ***Ways of Being*** are both very important ("valuable"!) to us but they are not the same thing. When we can identify & separate them, they become much easier to remember and use to establish a simple road map to self-assess how we are living now, what we want to change, and how we want to change it.