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For more information, please contact Tristan Loo at: info@SynergyInstituteOnline.com

What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

Who is Tristan Loo?

Tristan Loo is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan has coached clients in the United States, Canada, Great Britain, Ireland, Australia and India.

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Values Identification Worksheet

Directions: Go through the list below and circle 12 values that you feel express who you are and that are important to you. Then enter these values on the following page. Note that this is not a comprehensive list of values. You may add any that are not listed here.

Abundance	Concentration	Frugality
Acceptance	Congruency	Fun
Accuracy	Confidence	Generosity
Accountability	Content over fluff	Goodness
Accomplishment	Continuous Improvement	Gratitude
Achievement	Conviction	Growth
Adaptability	Cooperation	Guidance
Adventure	Courage	Happiness
Affection	Courtesy	Hard Work
Aggressiveness	Creativity	Health
Agility	Credibility	Heart
Altruism	Curiosity	Heroism
Assertiveness	Decisiveness	Holiness
Attractiveness	Dependability	Honesty
Availability	Desire	Honor
Awareness	Determination	Humility
Balance	Discipline	Humor
Beauty	Discovery	Hygiene
Belonging	Diversity	Imagination
Bliss	Drive	Independence
Boldness	Duty	Influence
Bravery	Education	Ingenuity
Brilliance	Effectiveness	Inner Peace
Calmness	Efficiency	Innovation
Camaraderie	Equality	Integrity
Capability	Empathy	Intelligence
Caring	Excellence	Intimacy
Challenge	Excitement	Intuition
Charm	Extravagance	Investing
Change	Extroversion	Joy
Chastity	Exuberance	Justice
Clarity	Fairness	Kindness
Cleanliness	Faith	Knowledge
Cleverness	Fame	Learning
Closeness	Family	Leadership
Collaboration	Fearlessness	Liberty
Comfort	Ferocity	Logic
Commitment	Fitness	Loyalty
Communication	Flexibility	Love
Community	Focus	Mastery
Compassion	Fortitude	Maturity
Competence	Freedom	Meaning
Competition	Friendship	Merit



Values Identification Worksheet (Cont'd)

Mindfulness	Safety	Wittiness
Modesty	Satisfaction	Wonder
Money	Security	Youthfulness
Motivation	Self-control	Zeal
Neatness	Self-discipline	_____
Non-violence	Selflessness	_____
Openness	Seriousness	_____
Opportunity	Service	_____
Optimism	Sexuality	_____
Order	Simplicity	_____
Tranquility	Sincerity	_____
Trust	Skill	_____
Unity	Solitude	_____
Organization	Speed	_____
Outcome Orientation	Spirit	_____
Outstanding Service	Spirituality	_____
Passion	Spontaneity	_____
Peace	Stability	_____
Persistence	Strength	_____
Personal Growth	Style	_____
Persuasiveness	Success	_____
Philanthropy	Support	_____
Pleasure	Supremacy	_____
Poise	Sympathy	_____
Popularity	Synergy	_____
Positive Attitude	Systemization	_____
Power	Teamwork	_____
Practicality	Thrift	_____
Preparedness	Tidiness	_____
Preservation	Timeliness	_____
Privacy	Tolerance	_____
Professionalism	Tradition	_____
Progress	Tranquility	_____
Prosperity	Trust	_____
Punctuality	Truth	_____
Purity	Uniqueness	_____
Quality	Unity	_____
Quiet	Utility	_____
Rationality	Valor	_____
Recognition	Variety	_____
Reliability	Victory	_____
Religion	Virtue	_____
Resilience	Vision	_____
Resourcefulness	Vitality	_____
Respect	Warmth	_____
Responsibility	Wealth	_____
Risk-Taking	Well-Being	_____
Romance	Winning	_____
Sacrifice	Wisdom	_____



My 12 Personal Defining Values

Instructions

From the previous pages, copy your 12 selected values onto the list provided. There is no need to organize them at this point. Simply copy them down.

	My Preliminary Value List
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	



Clarifying Your Values

While many people might choose similar values for themselves, those values might not mean the same thing to everyone. Therefore, it becomes important for you to clarify what those twelve values you have chosen mean to you by defining their meaning. This also creates a sense of ownership of those values to you. In this worksheet, write down each of the twelve values you chose and then clarify that value by writing out what it means to you.

Value 1 _____

Clarifying Statement:

Value 2 _____

Clarifying Statement:

Value 3 _____

Clarifying Statement:

Value 4 _____

Clarifying Statement:

Value 5 _____

Clarifying Statement:

Value 6 _____

Clarifying Statement:



Clarifying Your Values (Cont'd)

Value 7 _____

Clarifying Statement:

Value 8 _____

Clarifying Statement:

Value 9 _____

Clarifying Statement:

Value 10 _____

Clarifying Statement:

Value 11 _____

Clarifying Statement:

Value 12 _____

Clarifying Statement:



Identifying Your Core Values

Directions: Fill the numbered lines with 12 values from the list on the previous page. Then compare each value with the one next to it and make a subjective decision on which one is more important to you. Keep using this *Tournament-Style* prioritizing method until you come up with your top three values. These are your core values.!

1			Core Value #1
2			
3			
4			
5			Core Value #2
6			
7			
8			
9			Core Value #3
10			
11			
12			