



You *
Can be
Anything

HUMAN CHECKLIST

PIP RAE

Word Styler.

human checklist

Your values determine how you answer every question.

Our core values highlight what we stand for.

Values determine our actions, behaviours, choices, decisions.
Values form our attitude, beliefs, characteristics and defects.

When you know what you value,
decision are easy.

When you don't know your values,
your daily violations create pain and discomfort.
From this, you build unhealthy relationships,
dysfunctional coping strategies
that creates Internal Dis-ease.

3 Steps to Discovering Your Personal Values.

Select Attributes, Behaviours and Characteristics you admire
Select the Actions, Beliefs and Competencies that best describe you.
Select events from the Trauma, Challenges and Experience Chart.

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HUMAN CHECKLIST

- ☐ **Integrity**
- ☐ Accountability
- ☐ Candor
- ☐ Commitment
- ☐ Dependability
- ☐ Dignity
- ☐ Honesty
- ☐ Honor
- ☐ Responsibility
- ☐ Sincerity
- ☐ Transparency
- ☐ Trust
- ☐ Trustworthy
- ☐ Truth
- ☐
- ☐ **Courage**
- ☐ Bravery
- ☐ Conviction
- ☐ Fearless
- ☐ Valor
- ☐ Frank
- ☐ Forward
- ☐ Focused
- ☐ Adaptable

- ☐ **Spirituality**
- ☐ Adaptability
- ☐ Altruism
- ☐ Balance
- ☐ Charity
- ☐ Communication
- ☐ Community
- ☐ Connection
- ☐ Consciousness
- ☐ Contribution
- ☐ Cooperation
- ☐ Courtesy
- ☐ Devotion
- ☐ Equality
- ☐ Ethical
- ☐ Fairness
- ☐ Family
- ☐ Fidelity
- ☐ Friendship
- ☐ Generosity
- ☐ Giving
- ☐ Goodness
- ☐ Harmony
- ☐ Humility

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☐ **Achievement**

- ☐ Accomplishment
- ☐ Capable
- ☐ Challenge
- ☐ Challenge
- ☐ Competence
- ☐ Credibility
- ☐ Determination
- ☐ Development
- ☐ Drive
- ☐ Effectiveness
- ☐ Empower
- ☐ Endurance
- ☐ Excellence
- ☐ Famous
- ☐ Greatness
- ☐ Growth
- ☐ Hard work
- ☐ Improvement
- ☐ Influence
- ☐ Intensity
- ☐ Leadership
- ☐ Efficient
- ☐ Trust In Self

- ☐ Mastery
- ☐ Motivation
- ☐ Performance
- ☐ Persistence
- ☐ Potential
- ☐ Power
- ☐ Productivity
- ☐ Professionalism
- ☐ Prosperity
- ☐ Recognition
- ☐ Results-oriented
- ☐ Risk
- ☐ Significance
- ☐ Skill
- ☐ Skillfulness
- ☐ Status
- ☐ Success
- ☐ Talent
- ☐ Victory
- ☐ Wealth
- ☐ Winning
- ☐
- ☐
- ☐

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- ☐ **Strength**
- ☐ Ambition
- ☐ Assertiveness
- ☐ Boldness
- ☐ Confidence
- ☐ Dedication
- ☐ Discipline
- ☐ Ferocious
- ☐ Fortitude
- ☐ Persistence
- ☐ Power
- ☐ Restraint
- ☐ Rigor
- ☐ Self-reliance
- ☐ Temperance
- ☐ Toughness
- ☐ Vigor
- ☐ Will

- ☐
- ☐ **Freedom**
- ☐ Independence
- ☐ Individuality
- ☐ Liberty
- ☐ Self Belief

- ☐ **Feelings**
- ☐ Acceptance
- ☐ Comfort
- ☐ Compassion
- ☐ Contentment
- ☐ Empathy
- ☐ Grace
- ☐ Gratitude
- ☐ Happiness
- ☐ Hope
- ☐ Inspiring
- ☐ Irreverent
- ☐ Joy
- ☐ Kindness
- ☐ Love
- ☐ Optimism
- ☐ Passion
- ☐ Peace
- ☐ Poise
- ☐ Respect
- ☐ Reverence
- ☐ Satisfaction
- ☐ Serenity
- ☐ Thankful

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HUMAN CHECKLIST

Creativity

Creation
Curiosity
Discovery
Exploration
Expressive
Imagination
Innovation
Inquisitive
Intuitive
Openness
Originality
Uniqueness
Wonder

Enjoyment

Amusement
Enthusiasm
Experience
Fun
Playfulness
Recreation
Spontaneous
Surprise

Order

Accuracy
Careful
Certainty
Cleanliness
Consistency
Control
Decisive
Economy
Justice
Lawful
Moderation
Organization
Security
Stability
Structure
Thorough
Timeliness

Health

Energy
Vitality
Self Care
Self Love

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Presence

Alertness
Attentive
Awareness
Beauty
Calm
Clear
Concentration
Focus
Silence
Simplicity
Solitude
Patience
Compassion
Understanding
Empathy
Vulnerable

Intelligence

Brilliance
Clever
Common sense
Decisiveness
Foresight
Genius
Insightful
Knowledge
Learning
Logic
Lateral thinking
Openness
Realistic
Reason
Reflective
Smart
Thoughtful
Understanding
Vision
Vulnerable
Wisdom

WORDSTYLER HUMAN CHECKLIST

1. Value

Pick 3 behaviours that support this value?

1.....

2.....

3.....

What did that feel like?

What behaviour challenges this value?

What do you need to do to realign with this value?



1. Value

Pick 3 behaviours that support this value?

1.....

2.....

3.....

What did that feel like?

What behaviour challenges this value?

What do you need to do to realign with this value?

'Give Yourself Permission to be the version of you, you want to be'.

Do not apologise.

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