

BEGIN YOUR
JOURNEY OF

Values-based discovery

WELCOME TO ENCOMPASS LIFE COACHING AND THE NEEDS AND VALUES PROGRAM.

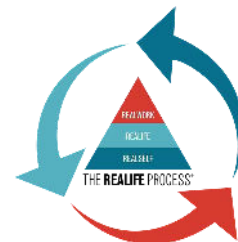
This free worksheet is a precursor to the full assessment and will give you a picture of the kind of material covered in our Needs and Values Discovery Program.

The Needs and Values Program will help you:

- Identify your top 5 needs
- Gain a better understanding about what drives you
- Determine the steps you might take in getting your needs met
- Identify your “true” values
- Begin to see that you are your values...what you are naturally drawn to
- Begin to see that living a values based life brings fulfillment
- Reach your goals more quickly!

So let's get started!





Read through the list of Needs & Values and list your top 5 of each below...

NEEDS

- Acceptance
- Accomplishment
- Acknowledgements/Compliments
- Be Loved
- Be Right
- Cared For
- Certainty/Clarity/Accuracy
- Comfort
- Communication (Pull)
- Control/Dominate
- Critical Link/Be Needed
- Duty/Obligation
- Freedom
- Honesty/Integrity
- Order/Perfection
- Peace/Quietness
- Power
- Recognition
- Safety/Security
- Work

My Top 5 Needs:

VALUES

- Adventure
- Beauty
- Catalyst
- Contributions/Service
- Creativity
- Discovery/Learning
- Emotions/Feelings
- Leadership
- Mastery
- Pleasure
- Relatedness
- Sensitivity/Niceness
- Spirituality/God
- Teaching
- Winning

My Top 5 Values:

MEET TIM AUSTIN

LIFE & LEADERSHIP COACH

Tim Austin is the founder of Encompass Life Coaching and ICF Certified Coach.

As a coach, speaker, writer and podcaster, Tim partners with leaders to help them navigate change with confidence and clarity.

As a missionary turned pastor turned entrepreneur, Tim has experience facing challenging transitions. His thoughtful, creative approach to coaching has earned him the reputation of being a dependable partner when it comes to navigating change.

Tim's experience overseas causes him to view life as both calling and journey. With a strong belief that transitions are fertile ground for clarity and growth, he loves supporting his clients through this process of discovery.

Tim enjoys hiking, fishing, hunting, reading, traveling, and time with family and friends.

Tim and his wife Eve have raised three kids to adulthood and have one grandson. They live in the beautiful state of Idaho where they get to enjoy the great outdoors.



LET'S GET CONNECTED!

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Podcast: [Navigate with Tim Austin](#)

