

10 Principles Checklist: Clearing the Way for Value-based Decision Making

What does it take to get beyond personal, professional, even organizational challenges and “roadblocks” - situations or relationships that repeatedly produce the same disappointing, frustrating results?

Rate yourself on each of the 10 Principles!

Principle 1 - I know “self-care” is not optional. I keep my social, professional, and personal health and well-being foremost in my approach to addressing challenges and roadblocks.

I do this regularly in my personal world.

Needs improvement				Area of strength
1	2	3	4	5

I do this regularly in my professional world.

Needs improvement				Area of strength
1	2	3	4	5

Principle 2 - I embrace the “inherent characteristics” of human beings, and even in the face of challenges and roadblocks, I can step aside and seek to bring out the best in myself and others.

(Zestful enjoyment in living - Vast intelligence - Natural capacity for relationship)

I do this regularly in my personal world.

Needs improvement				Area of strength
1	2	3	4	5

I do this regularly in my professional world.

Needs improvement				Area of strength
1	2	3	4	5

Principle 3 - I believe that when I experience something good in life, it’s time to pass it on!

I do this regularly in my personal world.

Needs improvement				Area of strength
1	2	3	4	5

I do this regularly in my professional world.

Needs improvement				Area of strength
1	2	3	4	5

Principle 4 - I am comfortable with risk and uncertainty, and know there is something about intentionally reaching into the “discomfort of ambiguity” that is empowering. It’s where and when new possibilities unfold!

I do this regularly in my personal world.

Needs improvement				Area of strength
1	2	3	4	5

I do this regularly in my professional world.

Needs improvement				Area of strength
1	2	3	4	5

Principle 5 - I consciously “check myself” to not just react to challenges and roadblocks, but can step back and consciously discern what I actually do that keeps producing the same disappointing, frustrating results.

I do this regularly in my personal world.

Needs improvement				Area of strength
1	2	3	4	5

I do this regularly in my professional world.

Needs improvement				Area of strength
1	2	3	4	5

