

LIFE VALUES POWER COMBOS

Worksheet - Based on Exercise 26 of the Life Values Method™



Purpose: This exercise helps clients discover value pairings that, when combined, create enhanced clarity, renewed energy, or meaningful impact.

Some values are stronger together, like: ***Courage + Compassion*** or ***Discipline + Creativity***. These combos help clients *shift gears, empower breakthroughs, or overcome stuckness*.

Instructions for Practitioner: Best used when a client feels stuck, conflicted, overthinking, or unsure how to move forward.

POWER COMBOS – CREATE PAIRS

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INSIGHTS & REFLECTION

- “What energy does this combo give you?”
- “Where could you apply this combo in your life this week?”
- “Which combo feels like the most helpful during this time?”
- “How might this combo help you in a specific situation?”
- “What one small action could this combo help you take?”

Optional: Invite clients to name the combo (e.g. “Courageous Kindness” or “Grounded Grit”).



**View & Create
Power Combos**
with the
Life Values Virtual Deck

Visit leeashby.com

Want a more structured way to apply values in sessions?
Explore the [Life Values Alignment Grid™](#)

Life Values Method™ - [Leeashby.com](https://leeashby.com)