

the REALIFE Process®

What do you **need** to thrive in your REALIFE?

What **values** matter most to you?

This assessment will help you name what you uniquely need and value and will help you gain clarity on your next steps.

About The REALIFE Process®

We want to help you discover how to live from rest not rush and do what matters.

The REALIFE Process® is a lifestyle framework that will help you develop a unique, Modern-Day Rule of Life™ through self-discovery, 90-day projects, time management, and spiritual practices. We want to help you make progress on the things that matter in YOUR whole life through coaching, content, community, and connection.

To learn more, visit therealifeprocess.com.

This resource is provided as a coaching tool for members and coaches of the REALIFE Facilitator Network™ ONLY. Please do not reproduce or share electronically.

PART 7: DOMINANT NEEDS AND VALUES FINAL RESULTS

	<u>TOP 5 NEEDS</u>	<u>EXACT NEED</u>	<u>TOP 5 VALUES</u>	<u>EXACT VALUE</u>
1	Accomplishment	Fulfill	Catalyst	Coach
2	Duty	Do right	Discovery	Realize
3	Freedom	Independence	Feelings	Sentiment
4	Honesty	Integrity	Spirituality	God
5	Peace	Serenity	Teaching	Illuminate

1. Thank you for completing the REALIFE Process® Needs and Values Assessment.
2. For Further Review of your results, we encourage you to contact your REALIFE Process® Facilitator or Coach.