

2010



RIVENDELL
COACHING

LIVING DELIBERATELY

Understanding our Personal Values | Bonnie Copeland

*This book is dedicated to all those who have served,
and are serving,
to protect the freedom we enjoy everyday to experience,
choose and live out our own values.
Thank you for your sacrifices then and now.*

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**I WENT TO THE WOODS BECAUSE I WISHED TO LIVE
DELIBERATELY, TO FRONT ONLY THE ESSENTIAL
FACTS OF LIFE, AND SEE IF I COULD NOT LEARN
WHAT IT HAD TO TEACH, AND NOT, WHEN I CAME TO
DIE, DISCOVER THAT I HAD NOT LIVED.**

~HENRY DAVID THOREAU

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INTRODUCTION

Over the course of many interactions with any number of different people through my coaching practice, teaching or having a simple conversation, it has become apparent to me that the majority of people know very little about their true selves. I believe that knowing yourself, in an honest way, is the key to long lasting happiness and satisfaction with one's life.

One of the most important parts in the process of getting to know oneself is gaining understanding and clarity of what one's personal core values are. This book will assist the reader in not only a general understanding of what personal core values are and why they are important, but start them on the road to clarifying and applying their own personal core values to true self worth, happiness and growth.