



KHARIS COACHING SERVICE, LLC

The VALUES Path™

A Decision-Making Framework for Living with Purpose

A Complimentary Resource from Kharis Coaching Service, LLC

Making important decisions can feel overwhelming, especially when emotions, uncertainty, and outside opinions compete for your attention. One of the most reliable ways to make confident decisions is to align your choices with your personal values.

Your values are the principles that guide how you want to live, work, serve, and grow. When your decisions reflect your values, you are more likely to experience peace, confidence, and fulfillment.

The VALUES Path™

V STEP 1 OF 6

Verify the Decision

Clearly define the decision you need to make. Be specific about the choice before you.

ASK YOURSELF

What exactly am I deciding?

What outcome am I seeking?

A STEP 2 OF 6

Assess Your Core Values

Identify the values that matter most to you.

EXAMPLES

Integrity

Faith

Family

Health

Service

Growth

Financial Stability

Compassion

Independence

ASK YOURSELF

Clarify which values are most important in this situation?

L STEP 3 OF 6

List Your Options

Write down all realistic choices available to you.

ASK YOURSELF

What options have I considered?

Are there alternatives I may be overlooking?

U STEP 4 OF 6

Understand the Consequences

Consider both short-term and long-term consequences of each option.

ASK YOURSELF

What are the benefits and risks?

How might this affect me and others?

E STEP 5 OF 6

Evaluate Alignment

Determine which option best aligns with your core values and long-term vision.

ASK YOURSELF

Which choice best reflects who I am now and who I intend to become as a Human Being.

Which option honors my most important values?

S STEP 6 OF 6

Select and Step Forward

Make your decision and commit to taking action.

ASK YOURSELF

What is my next step?

What support do I need to move forward confidently?

REFLECTION QUESTIONS

| *What value am I unwilling to compromise?*

| *Which option best reflects my authentic self?*

| *What would I choose if fear were not a factor?*

| *Which decision would make me proud one year from now?*

FINAL THOUGHT

*“Begin each day with the blueprint of my deepest values **FIRMLY** in mind then when challenges come, make decisions **BASED** on those values.”*

— *Stephen R. Covey*

Confidence comes from knowing yourself.

When your decisions reflect your values, you move forward with clarity, purpose, and self-trust.

© 2026 Mary Louise Kettler-Scacciaferro. All Rights Reserved.

This material is the intellectual property of Mary Louise Kettler-Scacciaferro and Kharis Coaching Service, LLC. No portion may be reproduced, distributed, or republished for commercial purposes without written permission from the copyright holder.