

Dickens Fenelon

# LevelUp-Mindset:

Unlocking Your Mental  
Resilience with Values  
Assessment



New Ways of thinking to  
solve our life's Problem

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# Unlock the Secrets to Personal Growth Development & Success



Are you ready to break through the barriers holding you back and elevate every aspect of your life? Introducing our **Values Coaching Assessment Ebook**, a powerful guide designed to help you understand the transitions we experience through life and why mastering them is crucial for lasting success.

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# Introduction: New Ways of Thinking to Solve Life's Problems



Welcome to *Values Coaching Assessment: New Ways of Thinking to Solve Life's Problems*, brought to you by Dickens Coaching Co. LLC., This eBook is designed to guide you through the seven critical transitions we all experience through our values. These values shape our behavior, emotions, and decisions, and understanding them can help you unlock a life of greater clarity, purpose, and success.

As we go through life, these transitions happen in real-time, often without us noticing. Left unresolved, they can lead to feelings of frustration, dissatisfaction, and emotional roadblocks. This guide will help you become more aware of these transitions, providing insights on how to master each stage, overcome challenges, and become the best version of yourself.

# The Importance of Personal Growth & Development



## The Critical Role of Personal Growth & Development

Life doesn't come with a roadmap, and many challenges don't announce themselves clearly. Often, we feel stuck, dissatisfied, or overwhelmed, not knowing why. These emotions may indicate that you're undergoing a value transition without fully realizing it. This is where personal development comes in—it equips you with the tools to navigate these transitions and adjust to life's evolving demands.

Investing in personal development yearly is crucial. As human beings, we change and evolve every day. The person you were yesterday is not the same person you are today. Failing to recognize and address these changes in real-time can leave you feeling stuck or lost. This is why working with a coach, and investing in your growth, is critical. Through the coaching process, you'll uncover areas in your life where you're holding yourself back and resolve those challenges head-on.

Personal growth and development is the foundation upon which all other areas of life—career & finance, family, relationships, spirituality, health & fitness, and life itself—are elevated. It is the driving force that ensures you're not just surviving but thriving in these key values. Without committing to your own growth, you risk stagnating and losing the ability to measure success in these areas effectively.

## OUR CORE VALUES AREAS IN LIFE

In the context of "...." what is truly important to you about?



Personal development brings awareness, allowing you to assess whether you're winning or simply going through the motions in life. It provides clarity and direction, helping you take stock of where you are and make empowered decisions that propel you forward. We evolve every single day—the person you were yesterday is not the same person you are today. Failing to recognize and address these shifts can leave you feeling stuck or trapped in cycles that no longer serve you.

This is why investing in personal growth annually isn't just important—it's essential. When you work with a coach, you gain the tools to recognize these transitions and effectively navigate them. A coach helps you identify roadblocks you may not even be aware of, guiding you through the changes and ensuring you grow in alignment with your values.

When you prioritize your development, you master the ability to elevate each of your core values, enabling you to excel in all areas of life. With the right guidance, you can ensure that your life is not just a series of events but a well-orchestrated journey of success and fulfillment.

# The Seven Levels of Values

Dr. Clare Graves' Emergent Cyclical Theory of Values teaches us that as we grow, we transition through specific stages of values. Each level has its own unique challenges, and it's important to complete each stage fully before moving on. If a level is left incomplete, unresolved conflicts and negative emotions will arise, impacting your ability to move forward.

Let's explore each level in detail:

## Level 1: Survival

At the most basic level, we are focused on survival. People in this stage prioritize food, shelter, and safety. Their decisions are driven by fear of scarcity, uncertainty, and the need for security.



**Example:** If you haven't fully addressed this stage, you may constantly worry about financial instability, even if you're financially secure. This creates a scarcity mindset that affects every area of your life.

**Coaching Tip:** If you find yourself constantly anxious about basic security, a coach can help you reframe your mindset, leading to more confidence in your ability to provide for yourself.

## Level 2: The Clan

In this stage, we value connection with a group, such as family or a community. Belonging and acceptance are primary drivers. However, failing to complete this stage can lead to feelings of rejection or isolation.



**Example:** If unresolved, you may struggle to connect with others and feel like you don't belong, even in social situations where you're accepted.

**Coaching Tip:** Coaching can help you build deeper connections with others by identifying any lingering feelings of rejection or insecurity and working through them.

## Level 3: Self-Rule

### Self-Rule

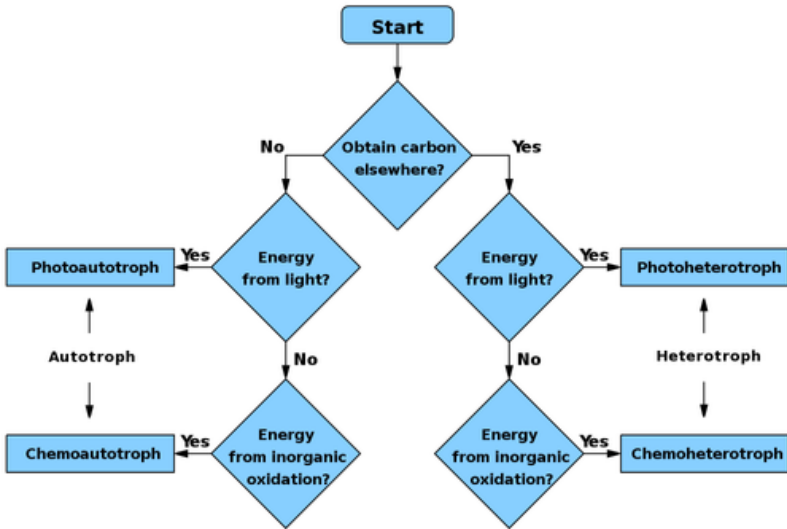


Here, the individual seeks independence and autonomy. They want to be in control of their life and make decisions without relying on others. If incomplete, this stage can manifest in control issues or an inability to trust others.

Example: A business owner who refuses to delegate tasks may be struggling with this stage, leading to burnout and inefficiency.

**Coaching Tip:** A coach can help you identify where control issues are holding you back and teach you how to trust and delegate, allowing for more balanced personal and professional relationships.

## Level 4: The System



At this stage, individuals begin to see the value in structure and systems—whether societal, professional, or personal. However, failing to embrace this level can result in a rebellion against rules, authority, or systems.

**Example:** A person who frequently changes jobs or challenges authority without knowing why may be stuck in this stage.

**Coaching Tip:** Working with a coach can help you understand the importance of systems in achieving long-term success and how to work within them while maintaining your individuality.

## Level 5: Entrepreneur



At this level, individuals start to think outside the box and look for new ways to innovate and succeed. They begin to see opportunities everywhere. However, those who haven't fully completed this stage may be paralyzed by fear of failure.

**Example:** A person with great ideas who never acts on them may be struggling with this level, missing out on growth opportunities.

**Coaching Tip:** A coach can help you build the confidence to take calculated risks, break through fear, and begin turning your ideas into reality.

## Level 6: Group Causes



At this level, individuals are motivated by contributing to a greater cause. They want to make an impact on society or their community. If not addressed, they may feel like they lack purpose or fulfillment.

**Example:** A person feeling unfulfilled in their career may yearn to contribute to something greater but not know how.

**Coaching Tip:** Coaching can help you identify causes that align with your values and passions, helping you find deeper fulfillment in your personal and professional life.

## Level 7: Interdependent Choice



At the highest stage, individuals understand that everything is interconnected. They make decisions that benefit not only themselves but also the world around them. If they haven't mastered this stage, they may feel disconnected from their higher purpose.

**Example:** A leader who makes short-term decisions without considering the long-term impact on their community may be stuck in this stage.

**Coaching Tip:** Coaches can help individuals develop a long-term vision and make choices that benefit both themselves and the broader world.

## Why Values Matter



Our values shape our behavior, decision-making, and emotional responses. Understanding these transitions and mastering each stage is key to living a fulfilled life. If you're experiencing negative emotions like frustration or dissatisfaction, it's likely because you haven't fully completed one of these value stages. Being aware of these transitions and resolving any unfinished business leads to growth and success.

## Where Do Values Come From?



Values are shaped by various influences, including:

- Family: Our family teaches us love, security, and connection.
- Friends: Our social circle influences our beliefs and behaviors.
- School: Education shapes responsibility and critical thinking.
- Geography: Where we live impacts our cultural and societal values.
- Economy: Economic conditions affect our views on work, success, and security.
- Media: News and social media often shape our opinions and beliefs without us realizing it.

Understanding where our values come from allows us to reflect on the experiences and influences that have shaped us, enabling us to make conscious choices moving forward.

## The Role of Coaching in Navigating Value Transitions

Coaching is essential in helping individuals navigate these value transitions. A coach offers guidance, helping you recognize when you're stuck in a particular stage and providing tools to move forward. They help you identify roadblocks, align your actions with your values, and unlock your potential.

## Client Success Stories and Testimonials

Real success stories are powerful motivators. In this section, share testimonials from past clients who have successfully navigated value transitions with the help of coaching. Highlight their struggles, breakthroughs, and how understanding their values led them to success in their personal and professional lives.

### Testimonial 1: Sarah - Business Owner

*"Before working with Dickens Coaching, I was stuck in a constant cycle of frustration. I had built a successful business, but I felt unfulfilled and didn't know why. Through the Values Coaching Assessment, I discovered I was struggling with unresolved issues in the Group Causes value level. I hadn't embraced the need to contribute to something bigger than myself, which left me feeling unmotivated. Dickens Coaching helped me unlock this potential, and today, I not only lead a successful business but also run a charitable foundation that gives back to my community. I've never felt more purposeful or aligned."*

## **Testimonial 2: James - Corporate Executive**

*"I've always been driven, but something wasn't clicking for me professionally. After years of climbing the corporate ladder, I started feeling disillusioned. That's when I turned to Dickens Coaching LLC. The Values Coaching Assessment revealed that I was stuck between the Entrepreneur and Interdependent Choice levels. I hadn't fully addressed my need to innovate, nor did I fully grasp how my decisions impacted those around me. Working through this process, I've transformed my approach to leadership, and I'm now making decisions that not only benefit me but also create positive outcomes for my team and company. The personal and professional growth I've experienced is incredible."*

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## **Testimonial 3: Maria - Life Coach**

*"As a life coach myself, I thought I had all the tools I needed, but I was constantly struggling with imposter syndrome. I felt like I wasn't living up to my own potential, and it was affecting my confidence. The Values Coaching Assessment with Dickens Coaching LLC helped me identify that I was stuck in the Self-Rule value level. I hadn't fully embraced my autonomy as a leader, and it was holding me back from stepping into my full power as a coach. Today, I not only coach others but have grown my own coaching practice to six figures. I owe this transformation to understanding my values and working with Dickens Coaching."*

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## **Testimonial 4: David - Entrepreneur**

*"When I first started my business, I was full of ideas, but I struggled to act on them. Fear of failure kept me frozen, and my business was going nowhere. After completing the Values Coaching Assessment, I realized I was stuck in the Entrepreneur value stage, unable to move forward due to unresolved fear from my past. Working with my coach at Dickens Coaching Co., LLC, I learned how to overcome that fear and fully embrace the risks that come with entrepreneurship. My business has since tripled in revenue, and I'm constantly pushing myself to innovate and grow. Without understanding my values, I would have stayed stuck."*

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## Conclusion: The Path Forward with Values Coaching

Navigating life's transitions isn't easy, but with the right tools and guidance, you can master your values, unlock your potential, and live a life of purpose. The path forward starts with understanding where you are, where you want to go, and committing to doing the work required to get there.

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## Call to Action: Invest in Your Personal Growth & Development



The time to invest in your personal growth is now. Download the Values Coaching Assessment and schedule a free coaching call with one of our experts. Together, we'll help you identify where you are in your value transitions and provide the guidance needed to achieve success.

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