

Exercise on Values

This exercise can help you clarify what you really think is important. Once you know this you can use your values as a ways to make decisions and filter out what does not match with these values.

- 1. Think of 3- 5 people you admire. (They can be dead, alive, famous or not!). For each of these, give 3 qualities that you like about them.**

- 2. Think of 3-5 people in your inner circle whom you admire. For each of these, give 3 qualities that you like about them.**

3. Think of 3-5 occasions when you felt really alive. Identify 3 common elements about these situations.

4. Think of 3-5 things you really enjoyed doing as a child. Identify 3 common elements about these situations.

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Review these last 4 questions. Identify 3 - 5 common elements/threads in these lists.

Generate a list of values from these. These are the things that motivate and energise you. You may need to re-write this list a few times until the values you have chosen really resonate with you...

Write them down
