



## EXERCICE 1 – IDENTIFY YOUR VALUES

A quick exercise to recognize and identify your values in life and what matters the most to you. Let's see what is important to you in life, what your values are.

They guide our every decision and the satisfaction or violation of them can produce strong emotional reactions.

The simplest way to discover your values is to ask yourself the following questions:

- What is important to you about [topic]?
- What do you want in/out of [topic]?
- What would having [topic] do for you?

So for example – what is important to you in life?

Answer: honesty, authenticity, integrity, connections, love, kindness, etc.

Can you then rank them by order of priority or preference?

Very often we fail to notice that when people do or say things we don't like it is because they are 'trampling all over' (as I call it) our values.

Once we recognize this, it is easier to deal with the person or the situation and to recognize that whilst this is important to us, our values might not be shared or seen as extremely important by others. We learn to accept that it is not good or bad. It just is the way each human being values aspects of life.

You could ask a more general question about 'life' in general or you could focus on other areas like 'relationships', 'family', 'work', 'business' etc. You can decide all the parameters yourself

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