THE VALUES GAME

Health			Personal Development (reaching your potential)			
Family happiness			Self Respect (sense of personal identity/pride)			
Comptitiveness (winning, taking risks)			Recognition (status, recognition from others)			
Friendship (close relationships with others)			Advancement (promotions)			
Affection (love, caring)			Religion/Spirituality (strong beliefs in these areas)			
Wisdom (discovering, understanding, know-how)			Loyalty			
Cooperation (working well with others)			Adventure (new challenges)			
Fame (being well known or famous)			Sexual Orientation (having a strong sexual identity)			
Achievement (sense of accomplishment)			Involvement (belonging, being involved)			
Wealth (making and having money)			Financial/Economic security			
Freedom (independence and authority)			Power (control, authority, influence over others)			
Integrity (honesty, sincerity, standing up for values)			Responsibility (being accountable for actions)			
Inner Harmony (being at peace with yourself)			Order (stability, conformity and tranquility)			
Creativity (being imaginative, innovative)			Culture (race or ethnicity identity)			
Helpfulness (helping others, improving society)			Honesty			

Value 1

Value 2

Value 3

Value 4

Value 5

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GUIDE NOTES:

This exercise is designed to promote thought and focus about what is REALLY important in order that future choices and decisions become aligned with personal values and beliefs. When choices and decisions are made that way, we are more likely to commit and, therefore, to succeed.

INSTRUCTIONS:

Stage 1: From the list, select 15 Values that resonate most with you, that you feel most strongly about.

Stage 2: From the 15 you selected, narrow the selection down to 10.

Stage 3: From the 10 selected, narrow the choice down to 5. You should now have your top 5 Values - those most important to you at this point in time.

Now, ask yourself...

a) How do values and beliefs change with time and experience?

b) Where did our current Values & Beliefs came from?

c) Do our existing Values & Beliefs serve us well

d) How do we develop new Values & Beliefs?

e) How can we dump old Values & Beliefs that no longer serve a positive purpose?