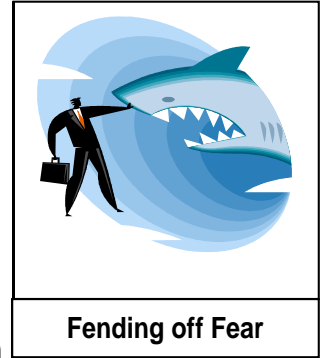


## VALUES ACTIVITY 1

### What is a value?

Something you place importance upon  
Anything you hold dear  
All decisions come down to values clarification  
Significant emotional events can create shifts in individuals  
Get clear what is most important in your life  
Your values are your compass that guides you  
Something that a person is willing to use as a resource, such as time,  
money or energy

**The source of self-sabotage is value conflict!**



## Moving Towards Values

### Figure 3Ga

**What are the emotional states that you value most in life?**

**Rank them numerically 1-10**

(1 being the Most Important – 10 being the Least important to you)

Write as rapidly as possible without hesitation!

\_\_\_ Adventure  
\_\_\_ Power  
\_\_\_ Passion  
\_\_\_ Comfort  
\_\_\_ Health

\_\_\_ Love  
\_\_\_ Success  
\_\_\_ Freedom  
\_\_\_ Intimacy  
\_\_\_ Security

### Example:

A Sales Person's number one value is Success! They love connection, they love closing the deal! Yet their number one moving away from value is Rejection! Are they unconsciously self sabotaging themselves? Will a Sales Person with fear of rejection take risks? Or run away? How will this affect their need for success? This exercise will determine where you stand and allow you to become aware of conflicting values.

**There are some emotional states that you will do more to achieve than others**

## Moving Away From Values

### Figure 3Gb

**What are the emotional states that you most want to avoid?**

**Rank them numerically 1-8**

(1 being the Most likely to avoid – 8 being the Least likely to avoid)

Write as rapidly as possible without hesitation!

\_\_\_ Anger  
\_\_\_ Loneliness  
\_\_\_ Failure  
\_\_\_ Guilt

\_\_\_ Rejection  
\_\_\_ Frustration  
\_\_\_ Depression  
\_\_\_ Humiliation

**Want to go further and learn more?**

**Join us for a R.E.M. Leadership Workshop**

[www.maximum-potential.com/events.html](http://www.maximum-potential.com/events.html)