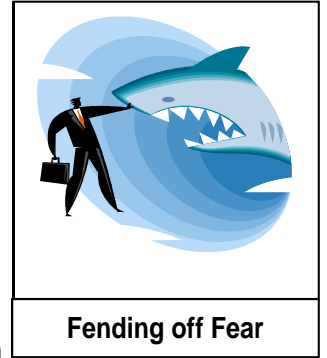


VALUES ACTIVITY 1

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