

YOUR VALUES: Professional & Personal Life



3.) WHAT IS NOTICEABLE?
EX. Loss of purpose, withdrawn

5 Senses

4.) LIST WHAT IS NOTICEABLE? +
EX. Energetic, passionate, hard working



1.)

1.)

2.)

2.)

3.)

3.)

4.)

4.)

5.)

5.)

Away

Towards

2.) WHAT KEEPS YOU FROM VALUES?
EX. Not enough time

1.) LIST VALUES
EX. Serving Others

1.)

1.)

2.)

2.)

3.)

3.)

4.)

4.)

5.)

5.)

Mind

What actions are moving you towards your values? Away from them?