

## VALUES EXERCISES

So why spend time on values?

Knowing what you value most is relevant to all aspects of your life. It is important in relationships/work/career/places to live/work environments; wealth,health,family/children parents/ religion/spirituality/purpose/ meaning/travel/novelty/education/ status/fame/feelings/experiences/growth/achievement; everything.

If you don't know what you value most, how will you be able to direct your life in the way that is the most optimal, meaningful, and fulfilling for you? What will you do when faced with having to make a life altering decision, sometimes when you only have just a few seconds or minutes? What will you do? How will you make these decisions? Will you make them "just by the seat of your pants", without thinking? Will you make them in the spur of the moment, e.g., "Let's get married?" Would you rather flip a coin? Heads, keep person on life support; tails, cancel it?

Knowing what you value most is relevant to all aspects of your life. It is important in all types of relationships: your significant other, children,family members,friends, and coworkers. It is important in work/career; where you want to live; environments you might want to work in. It relates to aspects of wealth; health;religion/spirituality/purpose/ free time/ travel/novelty/education/status/fame/beauty/feelings/ experiences/growth/achievement; everything.

So, in order to help set your foundation for 'starting over', you need to know what it is you value, and what it is you value most of all.

Therefore, complete the follow exercises. You can do one or the other or both.

First exercise: "Put Your Cards On the Table".

Directions:

Take a stack of 3X5 cards, (or cut up pieces of paper), all same size and color. Put only one word, or concept on each card.

On the first 4 cards, identify 4 roles that are important to you in life, e.g., teacher, wife, daughter, husband, etc.

next, 4 experiences that were most meaningful to you in life so far.

4 roles at work that you derive the most pleasure and joy from.

4 things you value, e.g., a sports car, an heirloom, a toy, an object

4 people

4 places

4 more esoteric values, like beauty, love, harmony, success, wealth, health

4 dreams, things you have wanted to be or do or have.

4 honors you have received or acknowledgments.

(You may add to the list if you feel something is missing.)

Then, lay them all on the floor or table all face up. Look them over and when you are ready, begin by taking 3 off the table, 3 that are least important to you. Then, every 10 secs., take off 3 more. Be sure to set a stop watch or have a friend call time. This is very important. You have to respond quickly, from your gut and not your head. Don't think about it. Then take off 3 more. Repeat this process until you get down to your last 9, and put them aside in a different place. Keep going till you only have 3 left on the table.

Now you know what your top 9 values are, and more importantly, your top 3.

This is the compass from which you can now make all future decisions and be able to steer your boat in the Right direction, for you, and thus, stay on your life's course.

## Second Exercise: 100 Values

Directions: write down on a 8X11 sheet of paper, in 3 columns, everything you can think of that you value, e.g., life, money, success, happiness, beauty, health, relationship/s; love, you get idea. Spend 5-10 min. doing this.

Then go down each row and decide one by one which value is more important to you, say, happiness or health? in 3 secs., do it again. Which ever wins out, go on to the next one. Say "health" won over "happiness"; then the next on your list was "love. What is more important love or health? Tied? Keep them both and go on to the next one. You cannot carry more than ten forward. At the end, reduce your ten to top five; then reduce to top 3. Now again you know what is most valued by you and you can use this to decide important life questions; stay married; get married; have kids; move; go to school?

Now, you have delineated your top 10/5/3 values.

From here, you can prioritize how to spend your time, your energy, brain power, thoughts and money. Now you know how to steer your boat and not just let it drift from from point to point, where it may end up going nowhere or in a port of no significance or crash on a rocky shore and go under.

You can create a life that would logically be optimum for you. If you lived this kind of life you could presuppose that it would be very rewarding enjoyable, healthy and happy.