

Background:

To better understand the top values you want to live your life by, the following exercise will help bring those forward.

Before you Begin:



It's important to complete this Values exercise while in your Sage mode (vs. allowing your Saboteurs to run the show), so complete a period of 2 - 10 minutes of mental fitness exercises as suggested by the following:

1. Find a quiet spot and ensure you will be uninterrupted
2. Close your eyes
3. Take in a deep breath, inhaling for 4 counts, holding for 4, exhaling for 4, and holding for 4. Repeat this at least 4 times.
4. Wiggle your toes so you can feel as many of your toes as possible. Continue doing this for about 1 minute.
5. Rub two fingers together on one hand with such intention that you can feel the ridges of both fingers. Continue to rub the 2 fingers together for about 1 minute.
6. Notice the rising and falling of your chest or stomach for about 1 minute.
7. Repeat steps 3-6 until you feel like you are a good frame of mind and relaxed enough to continue with the values exercise.

Instructions:

Set aside an uninterrupted period of time - at least 30 minutes to complete this exercise (immediately after you have completed the mental fitness exercises above). On the following pages, you will see 3 headers - Very Important To Me, Important To Me and Not So Important To Me, followed by a variety of values and their definitions. You will also see a few blank cards for you to write in your own values and definitions..

1. Cut the individual headers and values so you end up with a deck of cards, each card containing a value or header.
2. Place the headers in a row across the surface you are working on (ie table, floor).
3. Review each value card and ask yourself is this very important to me, important to me, or not so important to me.
4. Place the value card under the appropriate header for you. Try not to spend too much time placing it under the correct header for this first pass.
5. Continue until you have each value card under one of the 3 headers.

6. Review your sorted cards. Which header has the most? Are there any adjustments to make?
7. Now look at your **Very Important to Me** list. Narrow it down to the top 5 (if it has more than 10 under this header, try to narrow down to 10 first and then 5). Complete the **Before you Begin** exercise above if you are having trouble narrowing it down. We want our values to truly reflect what our Sage is leading us to not what our Saboteur is telling us to select (for example, if I am being led by my pleaser saboteur, I may select values that are pleasing to others or if I am led by my hyper-achiever, I am select values that reflect my sense of accomplishment/doing over my sense of being).
8. Create some sort of picture of your Top 5 Very Important To Me values - you can simply take a picture on your phone, write them on a post-it note, draw them out in your sketchbook, or whatever other creative ways you would like to make a note of them.
9. Ensure that you hang these values to where they are visible to you each day. Make the photo you took on your phone your background or hang the post-it note on your mirror or the drawing from your sketchbook on your fridge. Make them visible.
10. Periodically (at least monthly) reflect on these top 5 values by journaling how you are living your life through these values. Am I leading the life I want to live? What adjustments do I need to make? How do I show up when I live by these values? What happens when I am not in sync with these values?

VERY IMPORTANT TO ME

IMPORTANT TO ME

NOT SO IMPORTANT TO ME

ORDER

to have a life that is well-ordered
and organized

MINDFULNESS

to live conscious and mindful
of the present moment

FAME

to be known and recognized

INNER PEACE

to experience personal peace

PLEASURE

to feel good

GROWTH

to keep changing and growing

CREATIVITY

to have new and original ideas

INDEPENDENCE

to be free from dependence on others

REALISM

to see and act realistically
and practically

COMMITMENT

to make enduring, meaningful commitments

NON-CONFORMITY

to question and challenge authority and norms

CONTRIBUTION

to make a lasting contribution in the world

COMPASSION

to feel and act on concern for others

CARING

to take care of others

BEAUTY

to appreciate beauty around me

DUTY

to carry out my duties and obligations

KNOWLEDGE

to learn and contribute valuable knowledge

WORLD PEACE

to work to promote peace in the world

ECOLOGY

to live in harmony with the environment

GENEROSITY

to give what I have to others

TOLERANCE

to accept and respect those who
differ from me

HUMOR

to see the humorous side of
myself and the world

RISK

to take risks and chances

JUSTICE

to promote fair and equal treatment for all

ATTRACTIVENESS

to be physically attractive

POWER

to influence the behavior of others

POPULARITY

to be well-liked by many people

CHANGE

to have a life full of change and variety

TRADITION

to follow respected patterns of the past

ADVENTURE

to have new and exciting experiences

OPENNESS

to be open to new experiences,
ideas, and options

RESPONSIBILITY

to make and carry out
responsible decisions

SEXUALITY

to have an active and satisfying sex life

FLEXIBILITY

to adjust to new circumstances easily

SERVICE

to be of service to others

ACCURACY

to be accurate in my opinions and beliefs

EXCITEMENT

to have a life full of thrill and stimulation

CHALLENGE

to take on difficult tasks and problems

COMFORT

to have a pleasant and comfortable life

DEPENDABILITY

to be reliable and trustworthy

COURTESY

to be considerate and polite
towards others

AUTHORITY

to be in charge of and responsible
for others

MODERATION

to avoid excesses and find a
middle ground

PASSION

to have deep feelings about ideas,
activities, or people

FRIENDSHIP

to have close, supportive friends

FUN

to play and have fun

FORGIVENESS

to be forgiving of others

NURTURANCE

to take care of and nurture others

ACHIEVEMENT

to have important accomplishments

SELF-CONTROL

to be disciplined in my own actions

LOVING

to give love to others

AUTONOMY

to be self-determined and independent

GENUINENESS

to act in a manner that is
true to who I am

SOLITUDE

to have time and space where I can
be apart from others

HEALTH

to be physically well and healthy

SELF-ESTEEM

to feel good about myself

FAMILY

to have a happy, loving family

FAITHFULNESS

to be loyal and true in relationships

FITNESS

to be physically fit and strong

GOD'S WILL

to seek and obey the will of God

SELF-KNOWLEDGE

to have a deep and honest understanding
of myself

INTIMACY

to share my innermost experiences
with others

LOVED

to be loved by those close to me

ACCEPTANCE

to be accepted as I am

PURPOSE

to have meaning and direction in my life

SAFETY

to be safe and secure

LEISURE

to take time to relax and enjoy

SPIRITUALITY

to grow and mature spiritually

SELF-ACCEPTANCE

to accept myself as I am

INDUSTRY

to work hard and well at my life tasks

HONESTY

to be honest and truthful

RATIONALITY

to be guided by reason and logic

HOPE

to maintain a positive and
optimistic outlook

ROMANCE

to have intense, exciting
love in my life

STABILITY

to have a life that stays fairly consistent

SIMPLICITY

to live life simply, with minimal needs

HUMILITY

to be modest and unassuming

VIRTUE

to live a morally pure and excellent life

WEALTH

to have plenty of money

COOPERATION

to work collaboratively with others

Other Value:

Other Value:

Other Value:

Other Value:

Other Value:

Other Value:

Other Value:

Other Value: