

PERSONAL VALUES WORKSHEET

Homework: Everyone has values but few people have set down and strategically identified them. The foundation to making the most of your life is to clarify your values. Take some time this week and answer these the best you can. Get alone with a pen and paper and ask yourself these questions:

- What do I value most?

- What matters most to me?

- What type of person do I want to be in life?

- What's my goal in life?

- What adjectives would I like to describe me?

- Am I doing what I really care about doing?

- What is vitally important, what has some importance and what's a complete waste to me?

- What would I like written on my tombstone?

- If I were to write a letter to my kids on what is most important in life, what would I tell them?

- What in my life is trivial and what is essential?

- What should I hold onto and what should I let go?

- WHAT'S GOING TO LAST?