List of Values Exercise

Value #1 - ________________________________

• 3 behaviors that support your value
  • __________________________________________
  • __________________________________________
  • __________________________________________

• 3 slippery behaviors that are outside your value
  • __________________________________________
  • __________________________________________
  • __________________________________________

• Example of a time when you were fully living this value
  • __________________________________________

Value #2 - ________________________________

• 3 behaviors that support your value
  • __________________________________________
  • __________________________________________
  • __________________________________________

• 3 slippery behaviors that are outside your value
  • __________________________________________
  • __________________________________________
  • __________________________________________

• Example of a time when you were fully living this value
  • __________________________________________