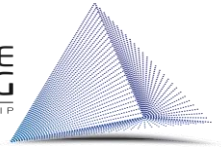


Values

Values are beliefs that influence our behaviour and decision-making. For example, if growing and learning is one of your values, when an opportunity to stretch yourself arises you will want to take this opportunity.

Below is a list of values. Rate these from very important, often important, essentially unimportant.

	Very Important	Often important	Essentially Unimportant
Health			
Fitness			
Beauty			
Experience			
Influence			
Encourage			
Feel good			
Have fun			
Be connected			
Educate			
Inspire			
Achieve			
Prevail			
Accomplish			
Mastery			
Excellence			
Experiment			
Thrill			
Elegance			
Attractiveness			
Move Forward			
Assist			
Design			
Awareness			
Learn			
Independence			
Playfulness			
Compassion			
Support			
Passion			
Self-reliant			
Teach			
Enlighten			
Develop			
Grow			

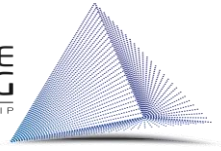


Once you have highlighted your most important values, choose your top four that you cannot live without and write a short description of how you get it met.

As you reduce your tolerations, more of your values are met and you become a happier, more fulfilled and satisfied person.

If you don't reduce what you are putting up with/tolerating then this list just gets longer and longer.





Example

