

Values-Based Integration

Putting Your Values Together

1. Reexamine the Key Moments of your life that you described in the introduction to this book, and the 3 to 5 core values you identified as essential to those moments back in Chapter 5.

List those values here. Ideally, you want to aim to identify three to five distinct values:

2. In the space below, write down a definition for each of your values. This should be a personal definition, not a dictionary definition. You want to identify specifically what each value means to you.

Value:

What this value means to me:

Value:

What this value means to me:

Value:

What this value means to me:

Value:

What this value means to me:

Value:

What this value means to me:

Value:

What this value means to me:

- 3.** Finally, draw an image that represents your values and how they connect with one another. This image might represent a hobby or an experience that is important to you, or it might evoke one of the key moments where you felt particularly alive. The goal is to create an image that connects all of your values together, and helps you envision and remember all of them.