

## Suck, Squeeze, Bang, Blow

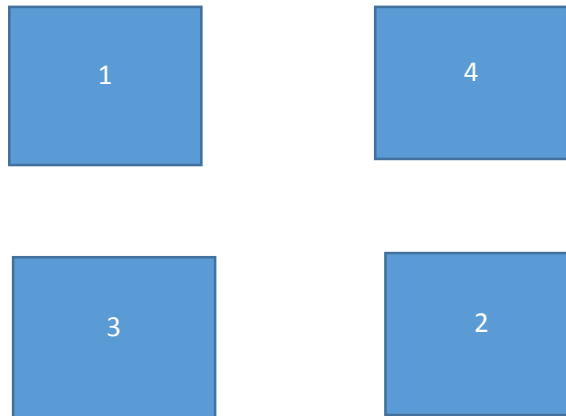
### Discover Your Values

From the list below select and circle the ten values that are most important to you. They can relate to both your personal and professional life and should represent how you want to live your life. If you think of a word that is not on the list feel free to add it in.

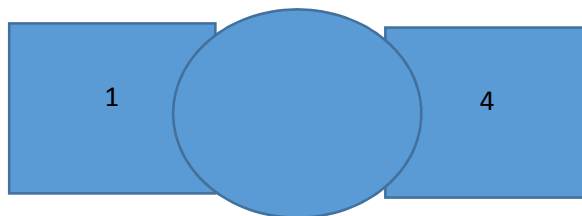
Achievement	Advancement	Adventure	Affection
Art	Challenge	Change	Close Relationships
Co-operation	Community	Competence	Competition
Country	Creativity	Decisiveness	Democracy
Ecology	Economic Security	Effectiveness	Efficiency
Ethics	Excellence	Excitement	Expertise
Fame	Fast Living	Fast Working	Financial Gain
Freedom	Friendships	Growth	Family
Helping Others	Helping Society	Honesty	Independence
Influencing Others	Inner Harmony	Integrity	Intellect
Involvement	Job Tranquillity	Job Satisfaction	Knowledge
Leadership	Location	Loyalty	Market Position
Meaningful Work	Merit	Money	Nature
Nurture	Order	Peace of Mind	Personal Development
Physical Challenge	Pleasure	Power & Authority	
Privacy	Public Service	Purity	Quality
Quality Relationships		Recognition	Religion
Reputation	Responsibility & Accountability		Security
Self-Respect	Serenity	Sophistication	Stability
Status	Success	Supervising Others	
Time Freedom	Truth	Variety	Wealth
Wisdom	Work Alone	Work With Others	
Work Under Pressure		Work For Yourself	

Circled your top 10? Great, here's what to do now.

- 1) From your top 10 select your top 5.
- 2) Now select your top four.
- 3) Now grab a piece of paper, draw 4 boxes and write in your 4 values



- 4) Now join values 1 & 4 with a circle and ask yourself, "If I had both of these values represented in my life now what else would I have?" When you have decided what that would be write the word inside the circle.



- 5) Now repeat the exercise for values 3 & 2
- 6) Now draw a circle to join the two other circles and ask yourself "If the contents of the two circles were present in my life now what else would I have?" When you have decided what that would be write the word inside the circle. You can look upon this word as your compass because it represents the direction in which you want your life to go.
- 7) And with that word in mind stand up and look forward to having an abundance of that in your life and as you do allow a picture to form in your mind as to how your life will be and notice how this makes you feel.
- 8) Anytime in the future when you want to check if you are on track remember the word and this experience and ask yourself if what you are doing at this moment gives you the same feeling.