

VALUABLE LIVING
MY VALUE INVENTORY

The Rules

Honesty, Objectivity, Judgement-free, Compassion, Appreciation.

The Resources

Calendar, Bank Account, Environment, What you're good at, enjoy & praised for,
Peak Experiences, Google: "values."

The Arenas

Practiced: *Now being lived with evidence.*

Professed: *Proclaimed as being lived, but no evidence.*

Preferred: *Not being lived, but desired.*

MAKE A COMPREHENSIVE LIST OF SINGLE WORDS

REFINING AND DEFINING

Distinguish values from valuables.

Values (eternal, cannot be taken, spiritual).

Valuables (temporary, subject to loss, material).

Prioritize values (top 3 to 5 are your core values).

Write a defining statement for each core value.

VALUE-DRIVEN BELIEF SYSTEM

How do your beliefs support/not support your values?