



Values Exercise



Living your values

Purpose: To help you to live the values that you have identified by exploring behaviours that fit those values.

Directions:

1. Carry out the values exercise contained in your pack of values cards to select your six core values.
2. Take the cards that you have selected as your core values and set them out in front of you and for each core value complete stages 3 to 6 below.
3. Recall a time when you were fully living this value and answer the questions below:
 - Who were you with at that time ?
 - What were you doing at that time?
 - How did it feel to be fully living this value at that time?
4. Recall a time when you were not living this value and answer the questions below:
 - Who were you with at that time ?
 - What were you doing at that time?
 - How did it feel to be fully living this value at that time?
5. For each core value answer the following questions:
 - What are two behaviours that support this value?
 - What are two behaviours that sit outside this value?
 - What new behaviours might you choose to engage in to demonstrate this value.

