

# + VALUES .....

## Values Exercise

**Step 1 // Answer the following questions (try to have 3 answers for each question)**

How do you fill your space?

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How do you spend your time?

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How do you spend your energy?

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How do you spend your money?

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Where are you most organised?

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Where are you most reliable?

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What dominates your thoughts?

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What do you most often talk to yourself about?

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What do you most talk about to others about?

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What inspires you?

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What goals stand out in your life and have stood the test of time?

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What do you love to learn or read most about?

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**Step 2 // Prioritise in order of importance**

What are your highest values?

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**Step 3 // Are your business and personal values in alignment?**

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What stops you from living in alignment with your values?

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