

EXERCISE: VALUES IN MY EVERYDAY LIFE

1. HOW DO I LIVE ACCORDING TO MY VALUES?

Consider how values related to, for example, friends, family, or health are evident in your everyday life.

2. DO OTHERS ALSO SEE MY VALUES?

Think about how easy it would be for your close circle to write down a similar list of your values as you did yourself above. This assignment will help you understand how well you are living up to your values.