

Self-Assessment—Connect: Reflecting, prioritizing, writing, and sharing your values.

The purpose of the second C self-assessment is to make your list of values more meaningful and memorable. You'll do this with reflection, writing, and sharing. One of the reasons to take the time to do this written exercise is that it deepens your connection to your values.

1. First, check: Do you have a circled value that has a low satisfaction grade (Column A, from pages 46–48)? If so, think about why that is. Ask yourself, "Is this value really important to me? If it is, why is it not in my life more?"

2. Next, in the spaces below, record your five or six circled values from pages 46–48 in order of importance, with number one being the most important.

3. Now write a statement about how or why each value is important to you. Not everyone thinks about a value in the same way. This is your opportunity to go inside and explore your own feelings and ideas.

For example: 1. Environment: The fun of outdoor activities and the pleasures of nature are important to me because they help me feel energized, centered, and connected to something bigger than myself.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

