

AWARENESS + VALUES

Thought Transformation Institute

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Exercise 1: The top 5 value exercise

Take some time with the core values exercises to consciously assess what really matters to you. Identifying your values will make it much easier for you to work out how you need to adjust what you are doing in your life and work.

So, what is really important to you? What are the things that make you feel you are really doing what you were put on this earth to do? Which activities leave you feeling fulfilled and satisfied? What is it about them that makes them so special? It is usually the fact that a core value is being met – something like challenge, fun, contribution or order. They will be different for each of us.

- What I have created on the next page is an inventory of core values that you can just read through and see which values ring true for you.
- Just use ticks and crosses to mark off values or, if you prefer, use a rating to help you work out which are more important.
- Remember that no list can ever be complete. There may be some additional personal values that are unique to you, so don't be limited by the list. Just add anything else that just feels right.

Acceptance	Fairness	Peace
Achievement	Fame	Personal Development
Advancement & Promotion	Family	Personal Expression
Adventure	Happiness	Planning
Affection	Fast	Play
Altruism	Pace	Pleasure
Arts	Freedom	Power
Awareness	Friendship	Privacy
Beauty	Fun	Purity
Challenge	Grace	Quality
Change	Growth	Radiance
Community	Harmony	Recognition
Compassion	Health	Relationships
Competence	Helping	Religion
Competition	Others	Reputation
Completion	Helping	Responsibility
Connectedness	Society	&
Cooperation	Honesty	Accountability
Collaboration	Humor	Risk
Country	Imagination	Safety &
Creativity	Improvement	Security
Decisiveness	Independence	Self-
Democracy	Influencing	Respect
Design	Others	Sensibility
Discovery	Inner	Sensuality
Diversity	Harmony	Serenity
Environmental Awareness	Inspiration	Service
Economic Security	Integrity	Sexuality
Education	Intellect	Sophistication
Effectiveness	Involvement	Spark
Efficiency	Knowledge	Speculation
Elegance	Leadership	Spirituality
Entertainment	Learning	Stability
Enlightenment	Loyalty	Status
Equality	Magnificence	Success
Ethics	Making a	Teaching
Excellence	Difference	Tenderness
Excitement	Mastery	Thrill
	Meaningful Work	Unity
	Ministering	Variety
	Money	Wealth
	Morality	
	Mystery	
	Nature	
	Openness	

Other values that are not on this list:

The 5 most important values:

1.

2.

3.

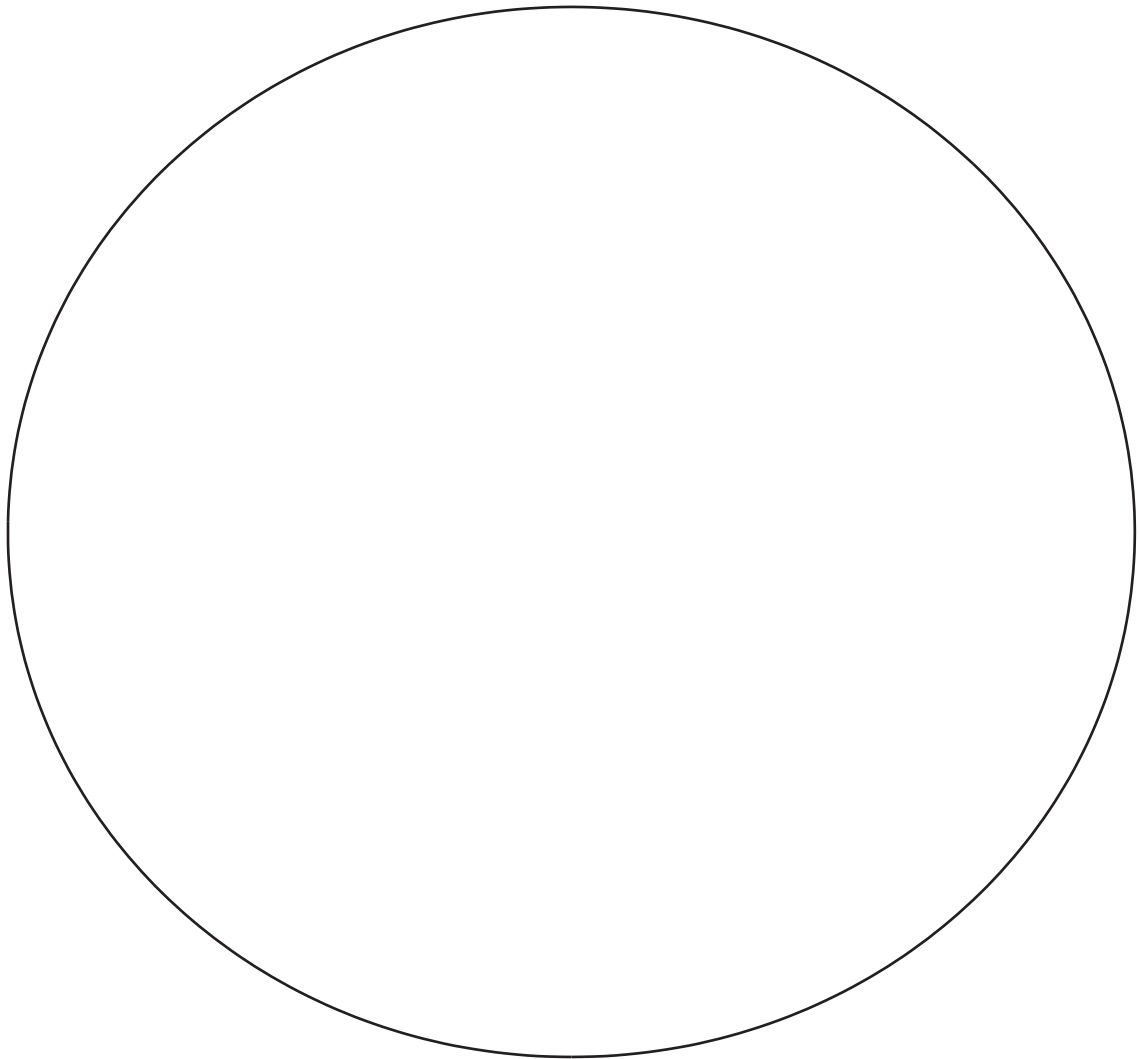
4.

5.

Exercise 2: Happiness Pie

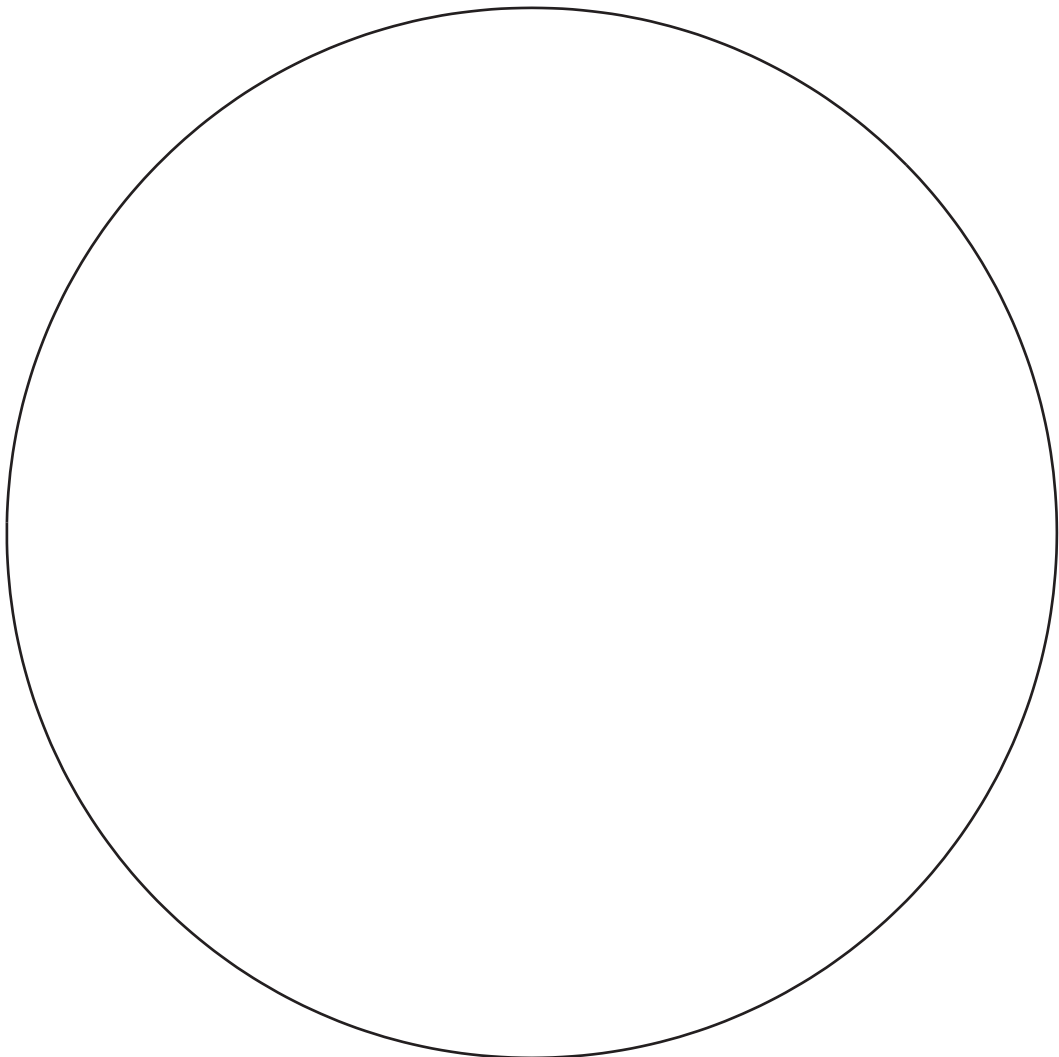
Part I: Instructions for Real Version:

Think of this circle as a pie and draw lines to “cut slices” that reflect what parts of life you put your energy into and think about now. Indicate how much time and energy you put into areas by making bigger “slices” for areas that get a lot of time and energy and making smaller size “slices” for areas that get less of your time and energy. Write in the name of each area or slice. Consider any of the following areas for your pie: Health, Self-Esteem, Goals-and-Values, Spiritual Life, Money, Work, Play, Learning, Creativity, Helping, Love, Friends, Children, Relatives, Home, Neighborhood, Community.



Part II: Instructions for Ideal Version:

Think of this circle as a pie and draw lines to “cut slices” that reflect what areas of life that you feel are most important to your overall happiness and peace of mind. Indicate the relative importance of areas by making bigger size “slices” for areas you see as very important and smaller size slices for less important areas. Write in the name of each area or slice. Consider any of the following areas for your pie: Health, Self-Esteem, Goals-and- Values, Spiritual Life, Money, Work, Play, Learning, Creativity, Helping, Love, Friends, Children, Relatives, Home, Neighborhood, Community—Feel free to add areas not in this list. You may also draw pies for particular areas like Work, Friends, Play. Once you are done, think of ways to MM ,make your time and activities reflect your true priorities. Post this in a place where you can see it easily or carry it with you or as a reminder to live in accord with its priorities.



Optional Homework:

Make a visual representation of your goals and/or values (also referred to as visionary board). This can be done digitally, by selecting images, photo's, words, names, etc. from the internet and combining them in a powerpoint file, or by hand, using magazines and other resources. If you feel comfortable, bring your visionary to share.

VIA Questionnaire:

- Go to: <http://www.viacharacter.org>
- Click on the Take Surveys button in the menu bar.
- Click on the VIA Survey option.
- Click on the Enter the Survey Center to Register button.
- The test is free, but you have to register to be able to take it. Fill out the form.
- Click on the Register button and you will be taken to the test

