

EXERCICE 1 – IDENTIFY YOUR VALUES

Let's see what is important to you in life, what your values are. They guide our every decision and the satisfaction or violation of them can produce strong emotional reactions.

The simplest way to discover your values is to ask yourself the following questions:

- What is important to you about [topic]?
- What do you want in/out of [topic]?
- What would having [topic] do for you?

So for example – what is important to you in life?

Answer: honesty, family, good health, being successful, etc.

You could ask a more general question about 'life' in general or you could focus on other areas like 'relationships', 'family', 'university', etc.
