

WHAT DO YOU CREATE?

List (3) Values Important To You?

1. _____
2. _____
3. _____

List (3) Feeling States To Avoid?

1. _____
2. _____
3. _____

What Values Or Feeling States Do You Need To Create In Your Life?

People And Events Have Significant Impact On Your Beliefs And Actions

List (3) People / Events And The Impact On You

- | | |
|------------|-------------|
| Name _____ | Value _____ |
| Name _____ | Value _____ |
| Name _____ | Value _____ |

List (3) Resources (Books, Tapes, Movies, Poems, Sayings, etc) And Their Impact On You

- | | |
|-----------------|---------------|
| Resources _____ | Insight _____ |
| Resources _____ | Insight _____ |
| Resources _____ | Insight _____ |

List (5) Experiences And Their Impact On You

- | | |
|------------------|-------------|
| Experience _____ | Value _____ |
| Experience _____ | Value _____ |
| Experience _____ | Value _____ |
| Experience _____ | Value _____ |
| Experience _____ | Value _____ |

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