

Three Values Exercises: Worksheet

Please fill this worksheet in, section by section, as you watch the videos in this module.

1: You Are 80 Years Old Looking Back On Your Life Today....

Complete these three sentences:

I spent too much time worrying about

I did not spend enough time doing things such as

If I could go back in time, what I'd do differently is

2: You Are Watching The Video Of Your Mistakenly-Held Funeral ...

And you see someone you love, on the video, making a speech about you. What would you love them to be saying about you? Write in your answers below:

The sort of person you were

Your three greatest strengths and qualities....

The way you treated them

3. One Year From Now, Looking Back

Pick a challenge or difficulty you are facing today, and imagine looking back on it, one year from now. Imagine that you have handled it in the best possible way, behaving like the person you really want to be, deep in your heart. From that perspective, answer these questions:

What did you stand for in the face of this? (In other words, what values did you live by when dealing with this?) For example, did you stand for courage, kindness, compassion, persistence, honesty, caring, supportiveness, honesty, integrity, love, commitment?

How did you treat yourself as you dealt with this?

How did you treat others that you care about?