

# YOUR BEST SELF

Think about your life in the past 2-5 years. Make a list of 7-10 occasions in that period when you were being and doing your absolute best. Set the list aside for a day.

Review your list. For each occasion you listed, ask yourself, "What values was I displaying there?" Write the values in the right column.

	<b>BEING / DOING BEST</b>	<b>VALUE(S)</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		
<b>10</b>		