

Value *Your Values* - Exercise

(Download this template for free at: www.the4habits.com/downloads)

1. What is 'the thing' that you promise you will do 'one day'?

2. What 'grates' on the inside? Where do you feel the balance might be off for you?

3. If you could create your ideal day, what would you do, where would you be and who would you be with?

4. If you were given six months to live, how would you spend it?

5. What words would you hope people would use to describe you in your eulogy?

6. Reflecting on what you have written above, what do you value most?