

Chapter 02 · Exercise

Values and Beliefs

From the following list of values/behavior patterns, chose the **ten** that apply most aptly to you (please note they should describe you as you are now, not as you hope to become)

(Well-balanced) relationship
between working life and private life

Adaptability

Thinking about future generations

Job security

Enthusiasm/Positive basic attitude

Tenacity

Reward

Professional development

Modesty

Being the best Dialog

Efficiency Ambition

Commitment/dedication

Taking responsibility for outcomes

Ethical behavior

Making things happen

Excellence/outstanding performance

Fairness

Family

Financial security

Developing and
encouraging others

Friendship

Leadership qualities

Taking care of others

Patience

Being liked

Social engagement

Health

Humor/fun

Initiative

Integrity

Clarity

Competence

Dealing with conflicts

Continuous learning

Control

Creativity

Focus on achievement

Power

Empathy

Able to cope easily with uncertainty

Courage

Openness

Personal image

Personal development

Wealth

Respect

Willingness to take risks

Self-discipline

Self-fulfillment

Security

Teamwork

Environmental consciousness

Independence

Entrepreneurial spirit

Trust

Forgiveness

Vision

Esteem

Well-being
(physical/emotional/mental/spiritual)

Listening

Reliability

Chapter 02 · Exercise**Values and Beliefs**

Which are your **5 most important values**?

Out of these 5, choose the **top 3** and list them in order of priority.

Value 1

Value 2

Value 3

Beliefs

*Why is **Value 1** important to you? What are your beliefs that support this?*

*Why is **Value 2** important to you? What are your beliefs that support this?*

*Why is **Value 3** important to you? What are your beliefs that support this?*

*Would you say your beliefs that support **Value 1** are helpful or hindering?*

*Would you say your beliefs that support **Value 2** are helpful or hindering?*

*Would you say your beliefs that support **Value 3** are helpful or hindering?*

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Rules

What is the rule you associate with **Value 1**? When ... happens, this activates **Value 1 for me**.

What is the rule you associate with **Value 2**? When ... happens, this activates **Value 2 for me**.

What is the rule you associate with **Value 3**? When ... happens, this activates **Value 3 for me**.

In order to lead a fulfilled life that is guided by our values, it can be helpful to formulate some personal rules that:

- Are easy to achieve;
- Lie within our sphere of influence;
- Can be supplemented with other rules. It can be helpful to have a few different options available to us for putting our values into practice.

How can you adapt your rules to achieve this?

Adapted rule for **Value 1**

Additional rules for **Value 1**

Adapted rule for **Value 2**

Additional rules for **Value 2**

Adapted rule for **Value 3**

Additional rules for **Value 3**

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Values and Beliefs

Your connection to your red button

*How would you react if somebody contravened your **first value**?*

How would you feel, and what would you think? How would you behave? (trigger)

Can you see a parallel with your red button?

*How would you react if somebody contravened your **second value**?*

How would you feel, and what would you think? How would you behave? (trigger)

Can you see a parallel with your red button?

*How would you react if somebody contravened your **third value**?*

How would you feel, and what would you think? How would you behave? (trigger)

Can you see a parallel with your red button?

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Values and Beliefs

Values in the field of tension between two poles

*What price would you pay for focusing too strongly on your **first value**?*

*What positive opposite pole associated with **value 1** are we discovering here, and why is this discovery of interest to you?*

*What price would you pay for focusing too strongly on your **second value**?*

*What positive opposite pole associated with **value 2** are we discovering here, and why is this discovery of interest to you?*

*What price would you pay for focusing too strongly on your **third value**?*

*What positive opposite pole associated with **value 3** are we discovering here, and why is this discovery of interest to you?*

Chapter 02 · Exercise**Values and Beliefs****Influencing how you put your values into practice in real life**

- Which 3 values would like to live up to more intensely?
- Why are these values especially important to you?
- What behavioral patterns do I already exhibit?
- What should I stop doing so as to be more true to my values?
- What should I start doing so as to give my values greater importance in my life?