

day 8: your values (part 2)

On a routine trip to the doctor you are told some terrible news; you have somewhere between 5 and 7 years left to live.

You will be healthy during this period and can live your life as you do now, but at some point between 5 and 7 years from now you will suddenly drop.

How would that affect how you parent?

What would you do with your kids during that time?

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How would your life and your priorities change?

Would you behave differently? If so how?

Now read through what you have just written and highlight the 3 most important things.

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explore your values

My most important VALUE is. *(choose one of the three you just highlighted)*

What exactly do you mean by this? *(give a specific definition)*

When you are at your best, what does this VALUE look like?

Why is this VALUE important to you?

And why is the answer you just gave important to you?

your plan of action

How will you specifically incorporate this VALUE into your daily life?

Write down any limiting beliefs that might get in the way of you doing this.

3 reasons why the limiting belief is wrong.

- 1.
- 2.
- 3.

What's your contingency plan for when life gets in the way of you doing this?

When exactly are you going to do this (schedule the action).