**KNOWING ONESELF WORKSHEET 1**

**VALUES EXERCISE**

If you were in an airplane and told it was going to crash, what are the five most important life lessons you would pass on to someone you love who has their whole life in front of them?

1.)

2.)

3.)

4.)

5.)

**Next**, match one unique value below each of the five lessons above. Then, once you have matched all five, rank them from one (1) to five (5) in order of importance. These three will be the MOST desired values in your life.

|  |  |  |  |
| --- | --- | --- | --- |
| Accountability | Creativity/Innovation | Health | Physical Appearance |
| Achievement | Dignity | Honesty | Pleasure |
| Aesthetics | Diversity | Honor | Quality |
| Altruism | Effectiveness | Humility | Recognition |
| Ancestry | Efficiency | Independence | Relationships |
| Autonomy | Emotional Wellbeing | Integrity | Simplicity |
| Authority | Excellence | Justice | Status |
| Balance | Fairness | Knowledge | Structure |
| Change | Faith/Spirituality | Legacy | Teamwork |
| Commitment | Family | Love | Trust |
| Community | Fitness | Loyalty | Urgency |
| Competency/Skill | Fun | Money/Wealth | Volunteerism/Service |
| Control/Influence | Growth | Passion | Wealth |
| Courage | Harmony | Perfection | Wisdom |

**Lastly**, strike a line through three (3) values below that mean the least to you. These three will be the LEAST desired values in your life.

**PULL PASSION**

Please answer the following questions:

What am I, totally and completely certain about myself… in helping others with the greatest impact?

When taking my last breath, I want to reflect on my life and will be most proud of…

**PASSIONS AND TALENTS**

What are you ridiculously good at and love to do?

What topics and beliefs do you mostly find yourself arguing or defending with others?

When was the last time you were in a state of flow, in the zone, and completely lost track of time? What were you doing?

**BUCKET LIST**

1.)

2.)

3.)

4.)

5.)

6.)

7.)

8.)

9.)

10.)