Week 3

**Values exercise**

Take a few minutes to add the following values into one of the three columns:

Warm, responsible, accepting, honest, Resourceful, Tolerant, generous, successful, kind, friendly, passionate, loyal, understanding, clever, educated, fit, good listener, strong, brave, trusting, positive, cheerful, helpful, determined, loving, confident, inspiring, patient, persistent, calm, focused….add your own too

| Very important to me | Important to me | Not important |
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**Ask yourself**

Which ones did you put in the 'very important column'? Can you narrow this down to three?

Consider these values as your primary values. The values that are in the 'important to me' column are your supporting values that help you.