**Values Mining - Exercise 1**

In this exercise you are asked to choose your top three values from the ten you originally chose above and to start to examine why these are so important to you. Completing this will help you think more about how these values influence your actions and understand why you may respond in a certain way if someone acts in a manner that goes against one of these values.

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| **From the 10 values chosen above, think about the three that are most important to you? Write them in the spaces below.** | **Why do you believe that this value is important to you?** | **Recall a moment in your life when you really lived this value. What behaviors did you exhibit that support this value?** | **How might you react if this value was not being honored by others? Describe your feelings, thoughts and actions.** |
| Curiosity حب الاستطلاع | Curiosity is the way to build knowledge plus having curiosity the very thing that lets me do things others won’t do. | I always do that with my car, by that i mean that i always want to know how those parts work so i would make them better. | I can tell that not many people have this value and i have never asked why , i think it just a thing that gets picked up from the enviroment in young ages |
| Knowledge المعرفة | Knowledge is extremly important to me because i always think before i do somthing, and i always like knowing how things work. | Every time a desction is opened with me i always try to play each persons part to know what to expect from the person. | Some times its kind of destarbing because you see people doing with the result infront of them before they do it, and when you tell they try to critasise you. |
| 3.   Optimism التفاؤل | Optimism is the thing that keeps me going everyday by hoping for good things to happen plus it gives a diffrent look on life. | Each time somthing bad happens to me or to anyone around, i always try to look at the bright side. | Almost every body i know at least, its very rare for people to optimis about there problem but they ususally show it when others go through some thing |

**Values Mining - Exercise 2**

In this second exercise you are asked to think about areas to strengthen/develop or values you would like to demonstrate more fully in your life. Completing this will allow you to start to build an action plan to support your self-development.

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| **From your selected values or the values listed below, choose up to three that you would like to live more fully.** | **What behaviors or actions do you already demonstrate which support this intention?** | **What could you stop doing to better support this value?** | **What could you start doing to help you demonstrate this value more fully?** |
| Curiosity حب الاستطلاع | I tend to work on some test and go through things that usually i wouldn’t go doing to know what happens | To go and do more main steams things like projects | Be less afraid of trying |
| Knowledge المعرفة | Usually by testing my knowledge adds up depending what is goin g on. | To go and do more main steams things like projects | Talk to more people and descuse more important things with them. |
| 3.     Friendships الصداقة | Its very easy to become my friend and i have a lot | Meet more people and make more cometments and stop being shy and behind | Say hi more. |