

Discovery Session: Values

Values: Please list below your **top ten values** in order of importance to you at this moment of your life. Number one presenting most important value to you and number ten least important value to you at this moment in your life.

Behavior: In the right-hand column, rank your **behavior** according to your values in the same manner. How well do you live your life according to your values on a scale 1-10? For example: 1= My behavior according to this value I am hardly living it. 10 = My behavior according to this value I am living it fully.

VALUE	BEHAVIOR
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____