



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Autopilot off: Pause from reacting to the demands of your day. Quiet your body, your mind, your emotions. Prepare yourself to consider the depths of your Spiritual core.

Be Aware:

In thinking about your values, consider the question, “What do I really want in life?” What is so important to you?

Using the list of Values on the previous page, narrow the list down to your Top Ten. Keep in mind that while you may value much of what is on the list, these ten rise to the top.

Now narrow this list to your Top Five.

Finally, select your top one or two values.

Assess: How aligned are your top values with the activities you find yourself doing each day? Is the alignment high, low, or somewhere in between?



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Adjust: What are one or two adjustments you could make to better align with what you value most on a more consistent basis?
