

Winning the Values Game in 2010

Purpose: Use this as a tool to clarify, prioritize and set rules for your values for 2010

1. List your current Moving-Towards Values: (i.e. Love, Success, Honesty, Freedom, Adventure, Passion, etc—whatever emotions are most important for you to experience)

	<u>Value</u>	<u>Rule</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____

2. List your current Moving-Away-From Values: (i.e. Rejection, Loneliness, Anger, Guilt, Envy, Failure—whatever emotions are most important for you to avoid)

	<u>Value</u>	<u>Rule</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____

3. Prioritize the two above lists of values from most important to least important by putting the appropriate ordered number to the right of each value.

4. Take a look at your lists and think of what values could be removed, added or reprioritized to better allow you to enjoy life.

5. To the right of each value list the rules you currently have that allow you to feel that value. (i.e. I feel happy when I make someone else smile, etc)

6. Look over your rules. How easy do they make it for you to feel good or bad? Revise your old rules so that it is **easy to feel good and hard to feel bad**. Create a set of rules for your moving-toward values that makes it easy to feel good, and a set of rules for your moving-away-from values that makes it hard to feel bad. Ideally, create a menu of possibilities with lots of ways to feel good.

7. Print out your lists and post them where you'll see them multiple times each day.

8. Enjoy 2010!!