



## Finding your top values:

1. What are the three things you spend your time doing the most?
  - 1.
  - 2.
  - 3.
  
2. Who are the three people you spend the most time with?
  - 1.
  - 2.
  - 3.
  
3. What do you spend most of your money on? Does not include living expenses unless a rock star car!
  - 1.
  - 2.
  - 3.
  
4. What do you surround yourself with most of the time? Ex. books, pictures, music, TV, sports, etc....
  - 1.
  - 2.
  - 3.
  
5. What do you think about most of the time?
  - 1.
  - 2.
  - 3.
  
6. What are the top three things you enjoy doing the most?
  - 1.
  - 2.
  - 3.
  
7. What are the top three things you spend your time doing?
  - 1.
  - 2.
  - 3.

Look at the things you have listed above and come up with the list of your top values that are mentioned from the most frequent to the least frequent. If you are not happy with the list of things you are currently valuing? What would you like to add in? Once you have decided create a list of at least 50 ways the new value would enhance or benefit your current highest values.