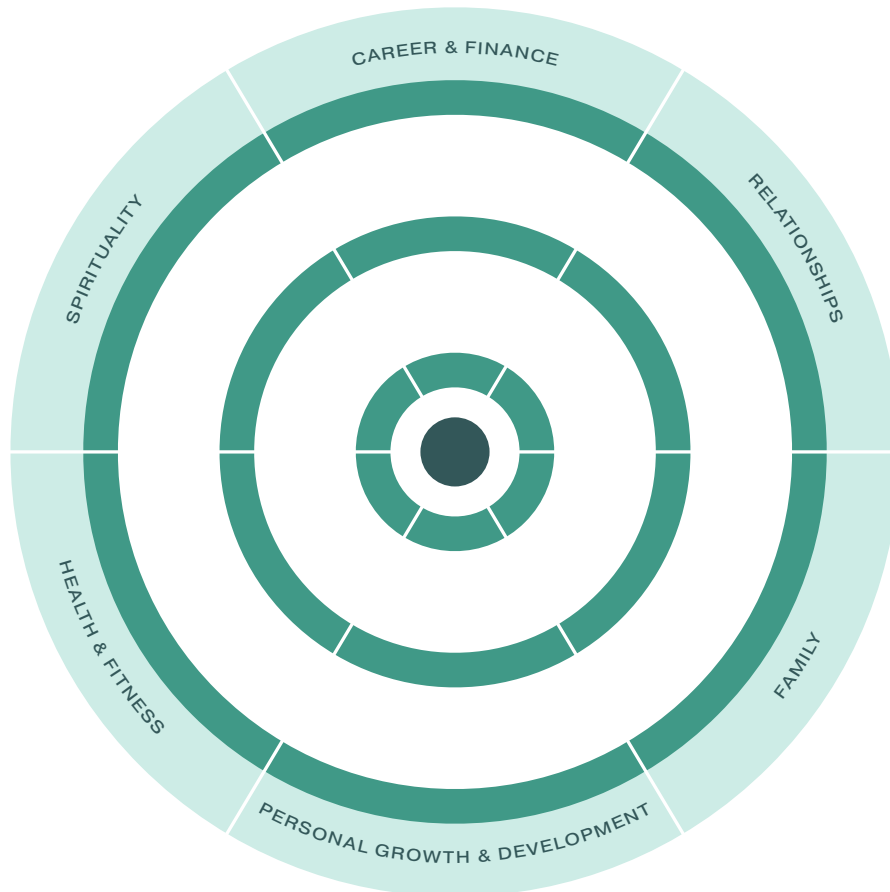


Values Bullseye

ARE YOU LIVING BY YOUR VALUES?



Developed from Tobias Lundgren's "Bull's Eye" exercise

**Take a look over each quadrant, and ask yourself:
"Am I behaving like the person I want to be?"**

Then, draw a dot on the diagram that represents how close you are to being that person in each area of your life. The distance from the center (bullseye) represents how far you are from the person you desire to be.

If you are nowhere near the bullseye - don't let this worry you. Just look at it as information, as a potential area to work on. We will start looking at what's important to you in each of these areas on the next page.

For now, just be 100% truthful with yourself and honour this time to connect inwards.

Juliet Dyer
COACHING

QUESTIONS TO CONNECT INWARDS

The following reflective questions will help to begin the process of eliciting your values.

- Career & Finance
- Family
- Health & Fitness
- Relationships
- Personal Growth & Development
- Spirituality

When you reflect inwards, deep down what is most important to you about this area?

What do you value most in this area?

What do you want to be remembered for in this area?

How would you like people to describe you in regard to this area?

If you had no emotional or financial barriers what would you be doing differently in this area?

What do you love most about spending your time and energy in this area?