



## 403b

### Your values

If you have never done this, spend some time in enquiry to discover your values. Ask yourself these questions.

- What do you believe in?
- What are the qualities you most want to embody?
- What sort of person do you want to be?
- How would you most like people to describe you?

You are seeking a short list of nouns, each a personal quality. Examples might be courage, trustworthiness, loyalty, fun, kindness, gratitude. Think about what these words might be for you. Try not to end up with too many, simply because a fragmented goal is harder to hit, not to mention to remember. Once you have your values, you want to be able to hold them in the front of your mind, because they will form your clearest compass when making life choices.