



INSTRUCTIONS: For the values you've identified in the table above, review why each value is important to you and determine if the value is **Conscious-Based (C)** or **Fear-Based (F)**. Write your answers in the column provided. If you get stuck, consider how the value feels when it's used.

Living In Your Values

1. When you review your Fear-Based and Conscious-Bases Values, what comes up for you?

2. Where do you see your Fear-Based Values playing out in your life?

3. What can you do to reduce the impact of your Fear-Based Values?

4. How might your life look differently if all of your values are chosen Consciously?



5. If you were to Consciously choose a new value(s) to incorporate into your daily life,

What new value(s) might you want to adopt?

How do you define what your new value(s) means to you?

What would be important to you about this new value(s)?

6. If you adopted this new value(s),

How would your life look differently using this new value(s)?

How would you feel differently using this new value(s)?

7. How can you use more of your Conscious-Based Values daily?

8. How would it feel to consistently use more of your Conscious-Based Values?
