

Values Session Prep



1. Why work?

2. What's work for?

3. What does work mean to you?

4. How does the work you do (or want to do) relate to you, to others, society?

5. What defines good, or worthwhile work?

6. What does money have to do with it?

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7. What do experience, growth, and fulfillment have to do with it?

8. Why are we here?

9. What is the meaning or purpose of life?

10. Where do family, country and the rest of the world fit in?

11. What is good and what is evil?

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12. Is there a higher power, God, or something transcendent, and if so, what impact does this have on your life?

13. What is the role of joy, sorrow, justice, injustice, love, peace and strife in life?

14. Where do your views on work and life complement each other?

15. Where do they clash?

16. Does one drive the other? How?

Values Elicitation



Where do I see my life or business in 6 months from now?

MY OVERALL VISION FOR MYSELF IS:

Life is really about...

The TANGIBLE results I will see in 6 months from now
(E.g. Facts, logical, outcomes.

Looking at my bank balance I will see \$X....)

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EMOTIONAL results
(E.g I will FEEL.....)

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What have been your current TOP values?

Some examples:

Security / health / love/ passion / adventure / honesty / respect / wisdom / gratitude / playfulness / creativity / freedom / safety / energy / compassion / integrity / connection / intelligence / contribution / growth / happiness

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Thank-you for taking the time for yourself to do the work here. Please share your answers with me so I have plenty of time to review your answers before we meet. We will continue with part B at your next session.

Steph