

Values Exercise

Complete the following unfinished sentences to discover what is important to you. Be as specific and concrete as possible.

Sentence Completion #1

1. I am proud because I am _____
2. I can _____
3. I learned _____
4. I made a difficult decision to _____
5. I amuse people by _____
6. I was careful about _____
7. I repaired _____
8. I helped someone _____
9. I refused to _____
10. My family is _____

Sentence Completion #2

1. I admire the kind of person _____
2. I think I could hardly live without _____
3. I would like to brag about _____
4. The main driving force in my life _____
5. The best measure of personal success _____
6. I could be perfectly happy if _____
7. My greatest ambition in life _____
8. If I were young again _____
9. More than anything else I want _____
10. It's fun to daydream about _____