

EXERCISE: HOW WOULD I LIKE TO BE SEEN?

Imagine someone who cares about you is describing you to another person who does not know you. What would you hope they would say? How would you like to be seen and thought about? This is likely to give you an idea of your values and what is important to you.

Here are some examples of values. Either circle the five you'd rate as most important to you, or add your own:

Compassionate	Honest	Hard-working	Generous
Assertive	Courageous	Spiritual	Humorous
Friendly	Persistent	Authentic	Curious
Open-minded	Fair	Independent	Respectful
Creative	Kind	Fun	Supportive
Patient	Adaptable	Adventurous	Fit
Knowledgeable	Passionate	Respectful	Protective