



GAME OF VALUES

Print out this form for as many values you want to reflect upon and start your values journal.

(chosen value)

1.What does the value mean to me and how do I define it?

2.How does the value manifest itself in my life/work?

3.How would I like it to be manifested?

4.Which of my actions shows that this value is important to me and which actions shows the opposite?

5.What did I do today to fulfil this value in me?

6.What would change in my life/work if this value would be more important?

7.Which behaviours are encouraging or discouraging the implementation of this value in my life/work?

8.How do someone behave having this as a core values?

9.How would my life/work look like if I would fully embrace this value?