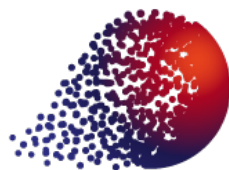


Personal Core Values & Life Purpose Exercise

Personal Development



PHOENIX
performance
PARTNERS



“This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its' own sake. Life is no “brief candle” to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

George Bernard Shaw
From *Man and Superman*,
Dedicatory letter



PERSONAL CORE VALUES EXERCISE:

Step 1: From the list of core values on the next page, place a check mark next to approximately 20 values most important to you.

Step 2: From the list of core values checked, circle the 10 most important values.

Step 3: Complete the following sentence:

The three personal core values most important to me are...



CORE VALUES

(Please feel free to add any additional values)

- | | |
|--|---|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Involvement |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Job tranquility |
| <input type="checkbox"/> Action | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Advancement and promotion | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Location |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Love |
| <input type="checkbox"/> Arts | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Market position |
| <input type="checkbox"/> Challenging problems | <input type="checkbox"/> Meaningful work |
| <input type="checkbox"/> Change and variety | <input type="checkbox"/> Merit |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Money |
| <input type="checkbox"/> Close relationships | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Community | <input type="checkbox"/> Order |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Personal development |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Physical challenge |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Conformity | <input type="checkbox"/> Power and authority |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Privacy |
| <input type="checkbox"/> Country | <input type="checkbox"/> Public service |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Quality of what I take part in |
| <input type="checkbox"/> Democracy | <input type="checkbox"/> Quality relationships |
| <input type="checkbox"/> Ecological awareness | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Economic security | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Ethical practice | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Security |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Self-respect |
| <input type="checkbox"/> Expertise | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Service to others |
| <input type="checkbox"/> Fame | <input type="checkbox"/> Sophistication |
| <input type="checkbox"/> Fast living | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Fast-paced work | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Fidelity | <input type="checkbox"/> Status |
| <input type="checkbox"/> Financial gain | <input type="checkbox"/> Supervising others |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Time freedom |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Having a family | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Health | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Helping other people | <input type="checkbox"/> Work under pressure |
| <input type="checkbox"/> Helping society | <input type="checkbox"/> Work with others |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Working alone |
| <input type="checkbox"/> Independence | <input type="checkbox"/> |
| <input type="checkbox"/> Influencing others | <input type="checkbox"/> |
| <input type="checkbox"/> Inner harmony | <input type="checkbox"/> |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> |
| <input type="checkbox"/> Intellectual status | <input type="checkbox"/> {Add your own} |

The Fifth Discipline Fieldbook, by Peter M. Senge, Art Kleiner, Charlotte Roberts, Richard B. Ross and Bryan J. Smith



LIFE PURPOSE DEVELOPMENT EXERCISE:

“Suppose what you are doing is writing a book as you live your life - a book of your life. It is a book that is finished and made complete only at the moment of your death. Now reflect upon this book and consider the possibility of studying and rereading this book in the afterlife. Is it an interesting book? Do you like the central character and what he or she is accomplishing? Is the book uplifting? What sort of book is it? What sort of book is being authored with your life and the way you live it? It is good to inquire what you would change of this book and to set about making that change, for when you die nothing can be changed. All is said and done and that is it.”

The Gnostic Gospel of St. Thomas by Tau Malachi ©2004

RELAX! Clear away the concerns and thoughts from the day. Find an area that is comfortable and secure. **This exercise is designed to stimulate your thoughts and feelings regarding personal hopes, dreams and commitments for the FUTURE... *not an assessment of your past.*** There are no right or wrong answers. We will discuss your general thoughts, feelings and conclusions about this exercise, but you will not be required to share your direct responses with anyone.

Let your thoughts freely consider each question and write whatever you think represents your opinions. Use additional paper if necessary. Enjoy...

1. *What do I consider to be my true accomplishments in life; the things that make me proud, make me smile?*



LIFE PURPOSE DEVELOPMENT EXERCISE:

2. *What impact or legacy do I want to create with my life?*

3. *If I knew I had only 5 years left to live, what would I want to accomplish?*

4. *After having lived a full life, how do I want my eulogy to read?*