



What Really Matters

As you reflect on the answers to these questions, you'll probably go back in time to some challenging decisions. And if you proceeded thoughtfully, and take your time, you may even learn something about yourself. This process might spark some emotions. This is good. Remember, we want to explore our choices from the level of the heart not the head. So now may be the time for tears, but it's definitely not the time for judgment! Now is the time to celebrate your courage for going into some scary dark places on the journey to discover your soul.

What are the five most defining moments I have had over the past three years (good and bad)? These are the moments where you made a choice or one was made for you that set you in a specific direction and started to define your thoughts, words, and actions.

- 1.
- 2.
- 3.

What are the three most positive relationships I have intentionally entered into over the course of my life? And what three traits do I admire in each of those relationships?

<i>Relationship</i>	<i>Trait 1</i>	<i>Trait 2</i>	<i>Trait 3</i>
1.			
2.			
3.			

What are the three most important decisions I have made in my life that led to what I consider successes or accomplishments?

- 1.
- 2.
- 3.



What are the three worst decisions I made in the last few years? (Choices that made me feel out of alignment or decisions that did not serve me or that I keep regretting.)

- 1.
- 2.
- 3.

What are the three non-nourishing relationships in my life right now, and why have I chosen them?

<i>Relationship</i>	<i>Reason for choosing</i>
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- | | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

What are my top three time-wasting activities (activities that don't move you forward, support your vision, or align with your purpose)?

- 1.
- 2.
- 3.

What three common themes are showing up in my life over the past 10 years and over the past year?

Past 10 years

- 1.
- 2.
- 3.

This year

- 1.
- 2.
- 3.



How do I want to define myself over the next 12 months?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

From the list below, circle the 10 values I hold most dear (the most defining principles that guide my words, actions, and choices).

Efficiency
Integrity
Accountability
Joy
Elegance
Perseverance
Achievement
Encouraging
Fairness
Principled
Adventure
Equality
Austerity
Kindness
Altruism
Fairness
Defenselessness
Purity
Authenticity
Fame
Spirituality
Love
Purposeful
Authority

Balance
Fitness
Impact
Responsibility
Belonging
Flexible
Merciful
Simplicity
Challenge
Forgiving
Nurturing
Open-hearted
Freedom
Openness
Status
Cleanliness
Friendship
Order
Success
Collaboration
Generous
Accurate
Organized
Teamwork

Gratitude
Patience
Trust
Happiness
Peace
Trusting
Courage
Healthy
Perfection
Truth
Creativity
Honesty
Persistence
Understanding
Discipline
Humor
Pleasure
Selfless
Inclusiveness
Wealth
Diversity
Influence
Power
Wisdom



From your choices above, or any others you hold dear, list your seven most important values. These are your **Seven Sacred Values**.

My Seven Sacred Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.