

## **YOUR LITTLE HELPERS –**

### **1. Your funeral – what would you like said?**

You walk into a funeral. You recognize everyone: friends, work associates, family. But who is in the casket? You walk closer: my God, it's you! What would you want them to say about you in their eulogies? That may reflect your core values.

### **2. Very upset – core value being stepped on**

When you are very upset, that probably represents a core value being stepped on.

### **3. Timeless – peak experiences, sweet moments**

When you were really enjoying something, when time flies by, that may reflect an underlying core value.

### **4. IBeam – walk across for which values?**

You're in San Francisco in a high-rise office high up. You see an ibeam from one of the windows stretching across to another high-rise. What would you walk across that ibeam for? What values are so important that you would risk your life for them?

### **5. Rocking chair – proudest of what?**

You're older and in a rocking chair, thinking about your past life. What are you most proud of?

### **6. What must you have – after food, shelter, clothing?**

What do you really want in your life after the basic needs are taken care of?

### **7. Who inspires you and why?**

Who really inspires you? Why do you think that is?

## **OTHER HELPERS –**

Meditate

Sit quietly

Dictionary

Take a walk

Ask a good friend

## **GOOD QUESTIONS for uncovering your core values –**

What things seem most important with each of my life roles?

What people, activities or things have real importance for me?

What do I like to do when I'm not under pressure?

What would I do if I knew I had only six months to live?

When my life is over, what will I be glad I did?

What would I like my obituary to reflect?

What talents or special abilities do I have?

What do I do really well?

What do I enjoy sharing with others?

Are there things that I keep feeling inner promptings to pursue?

What am I doing during the time that I feel the greatest sense of harmony and inner peace?