

# Love, Value & Choice

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This exercise builds on your values exploration from Module 1.

Enjoy, and be curious about what you discover.

## Here's what to do

Print the pages out separately, or write each heading on a new page in your journal. Grab a pen, and follow the directions below...

### "I love..."

Make a list of everything that comes to you that you love

Be as specific as possible

The list may include people, places, things, feelings and activities – anything that comes to mind

Breathe slowly and sit quietly

Pay attention to the rise and fall of your body ... let your pen write down whatever comes

### I love...



## "I value..."

Write down all the things you value – the things you feel are important – in your life, your work, and the world

Be specific

Write down whatever comes to mind without judgment

Breathe slowly, and sit quietly, get grounded, go home

Pay attention to the rise and fall of your body ... let your pen write down whatever comes

## I value...

# Love, life, values and choices



"I spend money on... "      "I spend time on..."      &      "I spend energy on..."

Now write down what you spend money, time, and energy on...

One after the other, then repeating all three over, and over

Let your hand move on the pages without judgment, you're seeking self-knowledge

I spend...

| Money on | Time on | Energy on |
|----------|---------|-----------|
|          |         |           |



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Lay all the lists out in front of you, and re-read what you've written

**1.** How much of your time, energy, and money is spent on the things you love?

**2.** How much is spent on the things you value?

**3.** How much is spent on things you neither love nor value?

**4.** Could you make another choice? Is there anything you could let go?



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**5.** Do you want to, or do you value, things you were not aware of?

**6.** Or are these choices based on someone else's values?

**7.** Are there any choices based on fear?

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With compassion, see the choices you are making and the consequences of these choices.

Did you have fun with the process? How did it make you feel? Was your friend resistance around?

Write down anything else you discovered about yourself during this activity.

When you're finished lie down, relax, take 3 deep breaths in through the nose, and out through the mouth, letting all thoughts drift away...



*Never forget: this very moment we can  
change our lives.  
There was never a moment, and there never  
will be, where we are without the power to  
alter our destiny”  
~ Steven Pressfield ~*