

Today I want you to look at the 20 values you picked yesterday and now score them all 1- 10 in the box next them.

10 being extremely important, can't live without.  
1 being it's important but I could cope without it.

Anything that is under 7, put a line through it. You should now be left with a short list of values that are 7 and above.

Look at them for a bit longer, then pick your TOP FIVE. (If you don't have five scoring 7 and above, you need to re-do day 1 until you do)

Next, put them in order 1- 5, number 1 being the most important and fill in below what each value means to you.

What it means to you, can mean something different to the next person.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When you write down what these values mean to you, what feelings did you experience? Do you have new awareness of your values?

If so, write them down here and if they aren't too personal, please comment under today's post with #Clarity #Day2

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