



REVIEW ACTIVITY
Chapter 9

First, identify 10 of your important values. Take a few minutes to write them down. Then answer the questions below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

- Are any of these personal values not aligned with your behaviors? Most of us have one or more behaviors that are not fully in line with our values.

- ❑ What can you do to recognize when your behaviors do not match your values? Becoming more aware of behaviors that are not in keeping with your own standards can help you change the patterns of your actions.

- ❑ When you become aware of a mismatch between your values and behaviors, what can you do to change the behavior effectively? For example, when you perceive you are putting a spin on something you did, you could say something like, “Let me rephrase this so you have a more complete understanding of what happened.”

Write down your impressions of the discussion in this chapter about your personal values and how they influence your Key Core Beliefs.
