

Values Mining



DRIVES ME

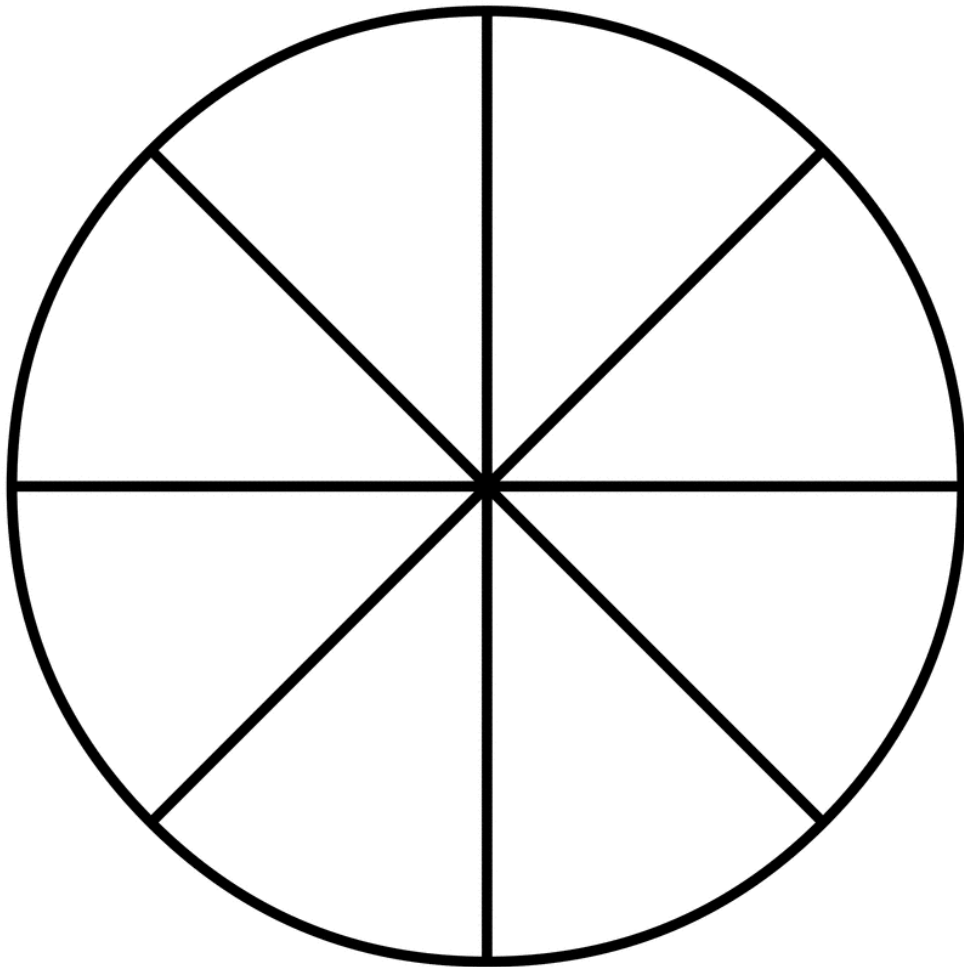


INDIFFERENT



DRAINS ME

The Values Wheel



1.	5.
2.	6.
3.	7.
4.	8.

STILL CURIOUS? FREE ASSESSMENT @

<https://www.valuescentre.com/tools-assessments/pva/>

MY SABOTEUR(S)

FREE ASSESSMENT @ www.positiveintelligence.com/assessments/

Questions. Questions. Questions.

► Questions that DO NOT SERVE (dead end):

- What am I supposed to do?
- Why is nothing changing?
- Should I do this or that?
- Why can't they...?
- What is wrong with me/them?
- Why is this still a problem?
- How am I going to get through this?
- Why is this so hard?
- What did I do to deserve this?
- When is it going to get better?
- Why is this happening to me?

► Questions that SERVE (move you forward):

- What is perfect about this?
- What do I want/need to believe about this?
- How do I want to feel?
- What are they thinking or believing that might make them do that?
- What is funny about this?
- How can I make this more fun?
- How can I create what I want?
- How might this benefit me?
- What can I learn from this?
- What is a solution I can try next?
- Why am I so lucky/blessed?
- What's the good news here?
- What am I making this mean?

Download.

Programming → Thoughts → Feelings → Actions → Results

*Values, beliefs, what we have thought over and over and over
*Be sure you actively CHOOSE these values and beliefs.

- Here is where our Saboteur can show up. Respond in a way that honors your values and beliefs. Note if there is a conflict.
- Stop the loop

Here is where we start to notice somethings off.

What we do

?