Thank you for joining me on this journey to uncover your authentic values. Your values are your “why”, your notre raison d'être, the wind to your sails. They are intrinsic and as unique to you as your fingerprint. Uncovering them is a process that will evolve over time.

I would like to thank my coach Dr. Tom Preston for the synthesis of this work and for granting me permission to share it with you. His work has gifted me many insights into who I am, which has fueled my passion and ability to fulfill my purpose. Learning about my values as they pertain to my health and wellness behaviors has been the difference maker. I trust it will do the same for you.

When I am aligned with my values I experience authenticity, fun, success, growth and ease. I feel inspired and focused on what I can do to help myself be the best I can be. When I am not aligned with my values I often find myself “trying” to take good care of myself. I often resort to control, struggle and an endless need for external motivation.

Remember it is about progress not perfection as that certainly has been my journey. Be curious, compassionate and committed. Your health is your greatest asset. With it you can accomplish your full potential, without it you are merely surviving.

Deep gratitude and many thanks to Dr. John DeMartini for formulating this exercise. You can learn more about his work at www.drdemartini.com

And to Dr. Tom Preston for distilling this process and creating this document. You can learn more about his work at https://fullcirclecoachingandconsulting.com/

Yours in service
Sincerely,

Dr. Norman

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Unveiling Your Values

Values are not possible without past and/or current voids!

13 QUESTIONS TO DISCERN YOUR VALUES

1) What do you fill your primary personal or professional space with most?
    a.
    b.
    c.

2) How you spend your time first, second and third most when you are awake?
    a.
    b.
    c.

3) Where do you spend energy? What energizes you most?
    a.
    b.
    c.

4) What do you spend your money on the most?
    a.
    b.
    c.

5) Where are you organized and ordered most?
    a.
    b.
    c.

6) Where are you reliable, disciplined and focused?
    a.
    b.
    c.

7) What do you inwardly think about most?
    a.
    b.
    c.

8) What do you visualize and then realize (manifest) most?
    a.
    b.
    c.

9) What do you internally talk with yourself about most?
    a.
    b.
    c.

10) What do you (externally) talk to others about in social settings?
    a.
    b.
    c.

11) What inspires you most?
    a.
    b.
    c.

12) What are your most consistent and persistent long term goals that are showing signs of coming true?
    a.
    b.
    c.

13) What do you love learning, reading, studying or listening about most?
    a.
    b.
    c.

24 HOURS TO LIVE

Imagine you were to learn that you have but 24 hours to live:

What would you do and what would you say?

What is left unsaid and to whom?

What is left undone?

What would you value most in your life?

Now imagine you have one week to live:

What would you do and what would you say?

What is left unsaid and to whom?

What is left undone?

What would you value most in your life?

Now imagine that you have one year to live:

What would you do and what would you say?

What is left unsaid and to whom?

What is left undone?

What would you value most in your life?

DREAM DAY EXERCISE

If you had one day where you could do anything you wanted to do, what would it look like?

Who (if anyone) would you spend time with?

What would you do?

When would you get up and when would you go to bed?

Write as many details as you can.

TALLY UP THE VALUES

Now go back and look for themes. Each question represents one and only one value. What is it? There will be EXACTLY 39 tallies here, no more no less.

Recurring Value	Number of times tallied
1. ie family	11
2. ie optimal human expression	9
3. etc	
4. etc	
5.	
6.	
7.	
8.	
9.	

CORE VALUES Prioritized

1.

2.

3.

4.

5.

Now that you have a tally go back and ask yourself if you could only have one #5 or #4, which would you choose.

Then compare #4 to #3, which would you choose.

The compare #3 to #2, which would you choose.

The compare #2 to #1, which would you choose.

My Top Value is: _____