



Session 1 Homework

Life Exercise Session 1

Value and Outcomes

Commitments for this week that will help me achieve my outcomes:

- 1. _____
By When: _____ What value do I hope to experience? _____
- 2. _____
By When: _____ What value do I hope to experience? _____
- 3. _____
By When: _____ What value do I hope to experience? _____

Awareness practice:

Write your three chosen values on a 3 x 5 cards and put the cards places you will see them during the day. From now until next time, as you move through your days, remember your chosen values. During small, everyday activities or decisions, notice whether or not your chosen values are present. Pay attention to the feelings that come up when your values are present and when they're not.

Write down your strategy that will help you remember to practice this awareness.

Discovery:

Think of the situations you have been identifying this week, what have you discovered from doing the Awareness practice:



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What did I learn or re-learn from these exercises?

How can I apply this in my personal life?

How can I apply this in my business?

Celebrations, Gratitudes, and "Aha's!":

Write down at least one celebration, gratitude or "Aha!" moment that you've experienced from your participation in the program so far.
