



Values Exercise

(from page 143 of the book)

Directions: list three people who you admire and respect. Under each name, list their attributes that earn your admiration and respect.

1. One person I respect is _____

The attributes I respect in her are:

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-

2. One person I respect is _____

The attributes I respect in her are:

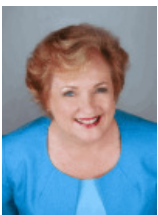
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3. One person I respect is _____

The attributes I respect in her are:

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The attributes that you list for these people are, in actuality, your own values. Often it is easier to identify values that are important to us in other people than in ourselves.



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