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| **Value**  what you call it | **Definition**  How you would define it. | **Emergence**  The origin story & related beliefs. | **Awareness**  How or where you sense this value. | **Creates**  What this value creates within you. | **Actions**  Behaviours or actions you take in alignment with this value. |
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| *Guiding Questions*   1. What gets you excited? 2. When do you feel most alive? 3. When are you at your best? 4. What makes you angry? What value is that stepping on? 5. Who do you admire? What is it about them |  | * What’s your sense about the origin of this value? * What is important about where this came from? * What beliefs does this value relate to? | * Where do you feel it, in your body? * What sensations relate to this? * What habits relate to this value? * What emotions come up? | * What’s possible for you with this value? * What does this value give you access to? * What is created out of this value? * What might this value lead you towards? | * How do you know you’re acting in alignment with this value? * What commitments do you have in relationship to this value? * How does this value inform how you behave and lead? * What can you design to hold yourself accountable for acting in alignment with this value? |