

Exercises

Exercise 1: Value Behaviors

Use the personal values listed in element 37

Select three value topics and list what each value means to you. How does your behavior reflect that value?

1. _____

2. _____

3. _____

Exercise 2: Shortcomings

Improve Your Shortcomings

Pick two behaviors you consider shortcomings. For each one, describe how you know about it and what you do to lessen its impact.

Shortcoming	Who told you	How do you lessen impact
<i>(example) Don't listen well</i>	<i>Spouse</i>	<i>Repeat what I heard</i>
1)		
2)		