

phil reed: coaching

What do you value?

What do you care about? What do you want in your life?

❖ Peak Experiences – 3 examples

When life has been rich, full, exhilarating, flowing? Pick a Time.

Enjoy re-running the memory, as if you're there inside the peak moment once again! You may be thinking of something which occurred over minutes, hours, weeks or months; but look for the peak moment to the experience.

See, hear, feel – and if appropriate taste and smell this peak again.

What was so important about it? What three values (a,b,c) were you honouring? Write them down.

REPEAT FOR THREE MEMORIES

- | | | |
|-------|----|----|
| 1. A) | B) | C) |
| 2. A) | B) | C) |
| 3. A) | B) | C) |

❖ Dire Experiences – 3 examples

What drives you crazy, or makes you angry, fearful or frustrated?

Think about a time when this has happened in your life. Now I want you to be careful to **view this memory from the outside – watching from a distance** – the you in that situation. This is to keep you emotionally safe.

So – observing your younger self from the outside - what three values (a,b,c) were being violated? A good tip here is to consider what was wrong, and then to flip it over to the value that was missing. For example – if you felt someone wasn't listening to you – the value could be 'acknowledgement of others'. So what was being stepped on? What values emerge from watching this memory, that for you, you can't live without?

AS BEFORE, REPEAT FOR THREE MEMORIES

- | | | |
|-------|----|----|
| 1. A) | B) | C) |
| 2. A) | B) | C) |
| 3. A) | B) | C) |

❖ Invisible values

Looking through your list of top values, - what is so much a part of who you are that you haven't even thought to note it down? How would you sum this up in one concise sentence?

- ❖ "I am a person who ..."