

# Susan Elizabeth Young

## The Language of Style Values

- 1) Write out on post it notes all of your Values. Start with a list of 10. You can read more on Values at the blog: <http://www.susanyoung.com.au/values-and-how-to-live-them/>
- 2) Stick them on a wall in a place where you will see them daily.
- 3) Complete the table below:

What is the most important Value?	What does this mean to me?	What does this Value say to others when I am "being" this?
1		
2		
3		

- 4) Every day look at your Values to ensure they are Communicating Who You Are.
- 5) Pick 1-3 Values to align with your Goals and work through the Goal task.
- 6) Recognise your Values every day, if they are not aligning with your Goals, make changes - this is important as this is your Communication Tool.
- 7) Be grateful for what you have and what is about to come to you.

