

# My Values and Beliefs

List out your values and beliefs, what they mean to you, is these values and beliefs helping you in getting what you desired and installing new values and beliefs?

Some sample values and beliefs:

-Fairness - Authentic - Being flexible - Inspiring others - Respect -Adventure -Staying connected -Appreciative

Values and beliefs:

What this value/beliefs means to me:

Is these values and beliefs aid me in getting what I desire?

If these values and beliefs is aiding you, list down one thing you could do NOW within 24 hours to fulfilled your desire.

If these values and beliefs NOT aiding you, install a new values and beliefs that could help you to get what you desired.