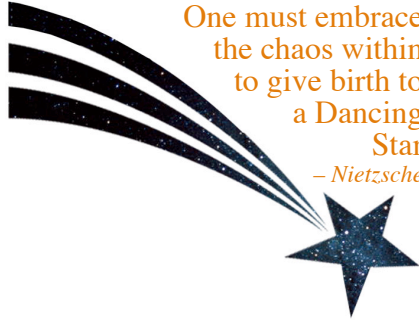


DANCING STAR INTERNATIONAL

One must embrace
the chaos within
to give birth to
a Dancing
Star

– Nietzsche



Values

Attached is what I've noticed seem to be your values, given what we've talked about so far. This is my version – what's important is your version!

So, work with these, play with them, draw or sing them – most of all, make them reflect who you are, today. They may well change – that's ok. This is not set in stone, but rather a snapshot of where you are today, to help inform where you are headed.

What you'll find below is an initial list of value strings. Each string comprises a value followed by clarifiers separated by hash marks (/) to expand on what that value means to you. People may use the same name for a value, for example “freedom”, for which the experience of each person might be vastly different – we want this list to be uniquely yours.

Then there are a few things I would like you to do.

First, review each value string, add any values or values clarifiers that are missing, delete any that don't fit, merge where appropriate. I've listed what *I* heard – feel free to make up your own that capture the essence of what you most value if I haven't yet evoked it for you. You might want to consult a Thesaurus for this.

Once you have reviewed the list for completeness, take a few minutes and think about when each value has been most honored in your life, what that was like, and write about it. This description will have the power to call you back to that value in the future.

Then, please rank order your list of values. To do this, I ask you to assume the perspective that you can choose only one value and that is the only value you will have to live your life with. No cheating here! It's tempting to think, "If I choose this one value, then I get these three or four others." That is not allowed. In choosing one, you are choosing to say no to all the others. Put that value at the top of your list. Next, choose again from the values that are left with that same perspective. Put this value second on your list. Proceed through your list this same way until you have them all rank ordered.

Finally, on a scale of 1-10, rate the degree to which you are honoring each value in your life right now. It is said that when we honor our values, life is good and generally feels effortless, whereas when we don't, life feels like an uphill march. Is this your experience? Where are you on the hill with each of your values?

Have fun with this! When you're done, email your final list back to me and we'll use it in our next conversation.

Values:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.