



## VALUES CONFLICT

*Below are some creative ways to discover your values/motivation. Reflect & record.*

What gets you angry? What issues or people get you steamed up, get your energy flowing?

When day dreaming, where do you go when you allow yourself to drift into the images of your inner self? Daydreaming is a healthy way to get clues to your deeper needs and motivations. Do any "themes" come up in your daydreams?

When does your body feel most alive and energetic, when you can't wait to get into something?

What others say about you. Get a viewpoint from outside of yourself. Ask friends, family, co-workers what they see as motivation for you.

What are your "Bedrock Beliefs" (aka those "foundation stones"; values upon which you have built your beliefs)? i.e., the importance of honesty in relationships or in a professional environment. Valuing kindness when things are tense. Think of times when you were in conflict with a work or life situation that related to differing values between you and another. Write down your bedrock beliefs.

Upon reflecting what you wrote down, what emerged for you? How does this apply to your personal goals, plans, and strategies for the future?

Discover **HER** Project