

## ***Personal Values-setting Process***

### ***The Story of Me***

Record the story of your life so far (you may like to use drawings, images, photos, stickers, symbols etc. to represent or highlight specific parts of your story):

#### **My starting point:**

*Where I started out and how that place has impacted me. What's my earliest memory? What kinds of influences, customs, values, rituals etc. were strong and what do I still hold onto from that time and place? What have I changed my perspective on or let go of?*

#### **The child in me:**

*Imagine back to when you were about 7 years old – it may help to look at a photo of yourself at that age. What activity or game engrossed me so much that I lost track of time? When did I stop doing that and why? What did I dream about as a child – my future, career, relationships, family, home? What of these eventuated and came to pass? What didn't and why? What would that little 7-year old say if they saw me now? Have their dreams been realised, what are they proud of, what do they still wish for?*

#### **My growing up:**

*Who did I think I'd like to be when I grew up and why?*

*Who did I admire and what about them did I admire?*

*Who do I feel influenced me along the way – parents, aunt/uncle, sibling(s), teacher, employer, colleague, or a complete stranger?*

#### **Events in my life:**

*A significant date in my life was...*

*What events impacted me – surprises, gatherings, weddings, tragedies, births & deaths, milestones etc?*

*What makes me really happy? What makes me feel really sad?*

*What (or who) would I suffer or even die for, and why?*

*Who's my hero/heroine, someone that I see as a role model, someone I look up to and admire (a public figure or someone in my life).*

#### **My dream team:**

*A significant person or two in my life...*

*What's so significant about this person?*

*Where do I feel most supported and safe in my life?*

*Who can I trust to be honest and open with me about anything?*

*Something significant in my job – can be positive or negative. What about it is significant for me and why? What do I need to do to get more or less of this?*