

Making your New Year resolution work for you

Questionnaire - Your values (Chapter 2)

As you work your way through the questions on these pages remember to read the appropriate section of the book to help you get the most from your answers.

What are your values?

What are your top 7 most important values?

Put your top 7 in order



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Does your resolution actively promote one or more of your top values?

Does the position of the value in your personal hierarchy create any potential conflicts for maintaining the resolution?

Who are you doing this for?

