



MY VALUE GALAXY

The objective of this exercise is to create your Value Galaxy, a visualization of your values that shows their themes and interconnections.

Values are the things that bring you joy and meaning in life, the things that make you smile. They can be big things, such as your spouse or little things, such as your favorite restaurant. You'll begin by surrounding the six value categories with as many values as you can list.

Once you've filled the page with your values (try to list at least 5 under each category), then try grouping them into **value themes**. Value themes are broad categories that integrate several concrete values in your life. For example, my love for writing and public speaking both fall under the value theme of communication.

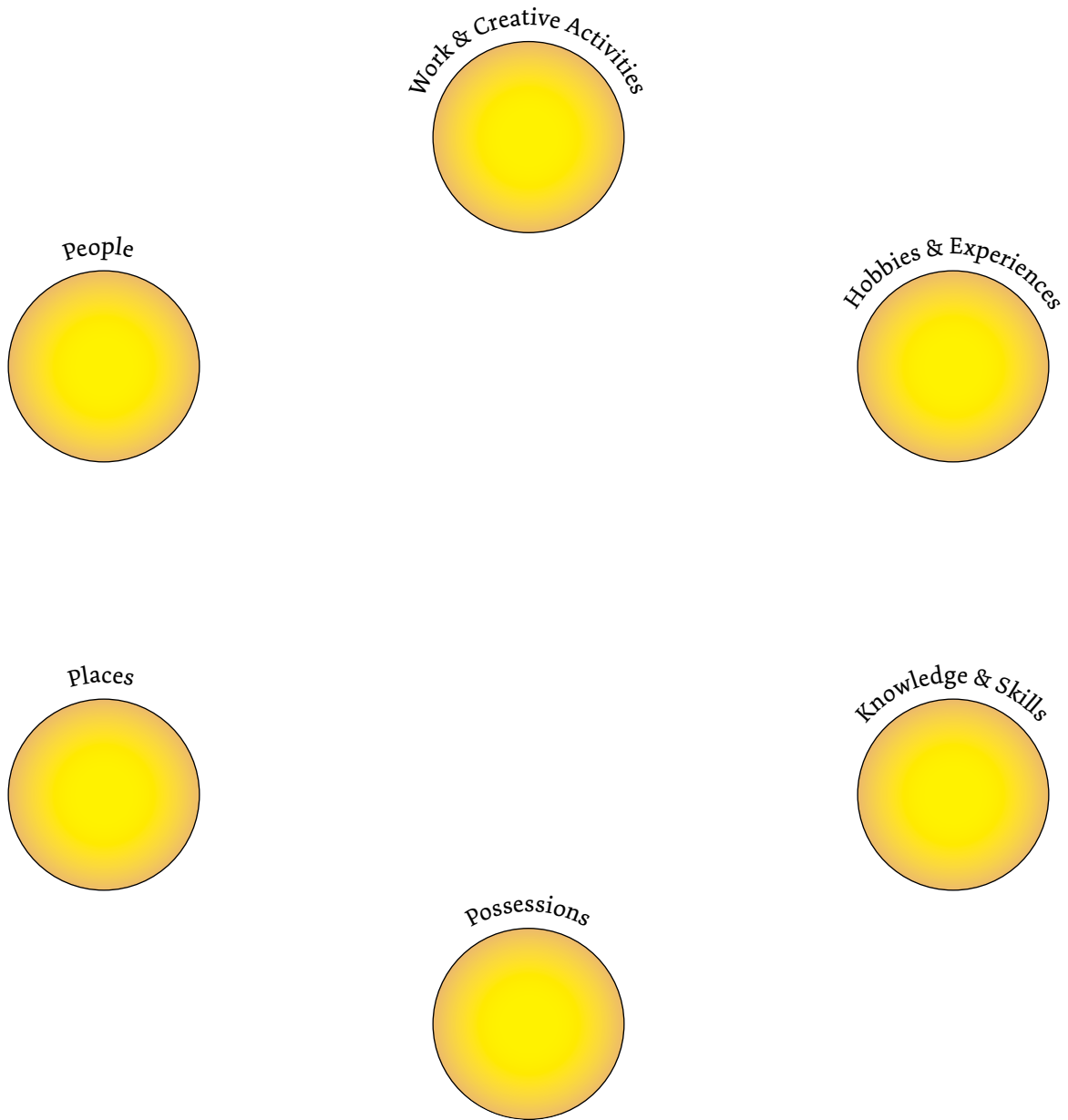
A single value can fall under several value themes - for example, my work as a car racing instructor is under both my competition and education value themes.

Your value galaxy is the clearest picture of who you are that you will ever create. Who you are is a reflection of your values, the things you find meaning in. Knowing yourself is the first step to a happier life.





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MY VALUE GALAXY EXAMPLE

