

Seminar 3 Journal Exercise: Values

Consider these questions as you think about your values. You can refer back to pages 17-18 as necessary.

If you continue to avoid your unpleasant internal experiences, how long are you willing to wait to live your life according to your values?

In your waiting for the unpleasant internal experiences to go away, how much are you giving up in the mean time?

What do you think would happen if, instead of waiting for an unwanted internal experience to go away before you started living your life to the fullest, you just started living your life and openly accepting your experiences?



Remember the “Heading West” metaphor: Values are a series of multiple journeys with milestones to let you know you are heading in your chosen direction. You can always keep heading west: it’s the journey, not the destination.