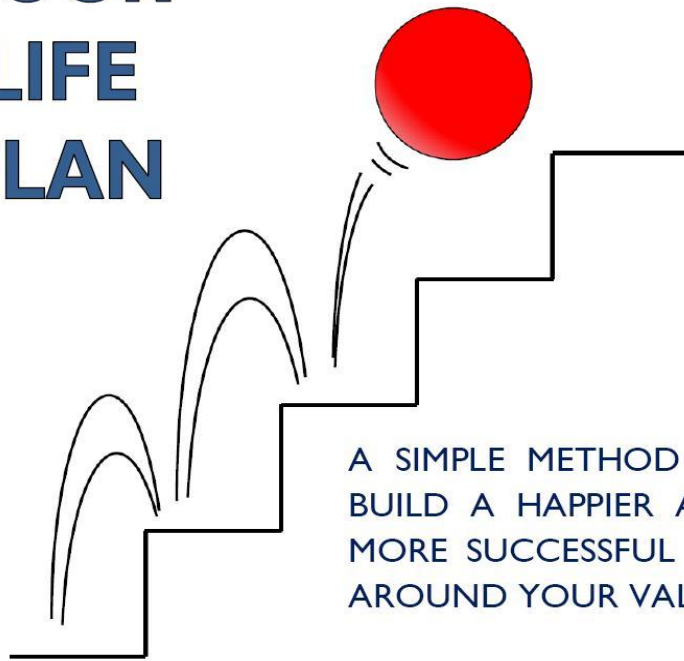


OBJECTIVE: HAPPINESS

YOUR LIFE PLAN



Identifying your key values



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The values used in the Life Plan

Every person has a different set of values that define their ideal of success. The difference in the values mix between individuals explains why it is impossible to give a definition of happiness that would meet everyone's desires. Every person is unique and his/her aspirations depend on their own specific values mix.

This method uses a list of 28 values. Here follows brief definitions for each value.

Achievement: Exploring possibilities and reaching objectives are important, lack of ambition and giving up are not options

Adventure: Looking for new and challenging experiences makes life worthwhile; taking risk is an acceptable part of life

Affection: Life is interesting only if it brings love, kindness and warmth

Co-operation: Working with others, sharing team spirit is essential; working alone is not exciting

Creativity: Life becomes satisfying when it something new can happen; one's imagination, originality and innovative spirit must be stimulated

Desire to Progress: Some people like to explore their potential, having the desire to get to the next level and to improve is an essential part of life

Fame: Passing through life without being recognized is not an acceptable thought; one needs to get attention and to be known by many people

Family: Close relationships with relatives and family members is essential to a fulfilling life

Financial Security: Making good money or having enough money on hand is a necessity in life

Freedom: Being independent and having the ability to make one's own choices is crucial to live fully

Friendship: Close relationships with other people and regular contacts are important to feel happy

Health: Physical and psychological well-being are paramount for a happy life

Inner Harmony: Being in harmony with oneself and with others and having a feeling of inner peace are important parts of life

Integrity: Honesty, justice and consistence with own convictions are essential elements for a satisfying life

Leisure: Fun and happiness are important; not having pleasure in life would be so terrible

Loyalty: When reliability, dedication and involvement to the group matters

Order: Life needs organization, structure and systematic

Performance Drive: The desire to win, to be the best is what counts in life

Personal Development: Learning, expressing one's potential and growing are necessary for a fulfilled life

Power: When having Influence and authority, being important is a big deal

Recognition: When getting respect from others and having some status is important

Responsibility: Taking charge, having a sense of duty and reliability

Self-Respect: Believing in own potential and having a good opinion of oneself makes one feel good

Social Involvement: Helping others and/or improving society are part of a fulfilling life

Social Life: Undertaking with others, involving them contributes to the feeling of belonging

Spirituality: Strong spiritual convictions, faith give a meaning to life

Wealth: Having a lot of money, getting rich is apriority

Wisdom: Building knowledge, having insight and reaching enlightenment are essential for a fulfilled life

The first step in this program is to identify your top five values. In the Excel file called “Your Values”, you can easily follow every step of the process.

More of a good thing

The first tab, called “MORE” looks at what happens when the level of satisfaction for each individual value increases. For each value, you must answer the question “How would you feel if the satisfaction level of this value increased strongly in your life?” by giving a score based on a scale from 1 to 5. The scale is defined as follows:

- 1 = It would not matter
- 2 = It would be nice
- 3 = It would make me feel good
- 4 = It would be a major improvement
- 5 = It would be fantastic

Once you have given all the values your personal score, you may proceed to the next tab called “LESS”.

Less of a good thing

The “LESS” tab looks at what happens when the level of satisfaction for each individual value decreases. For each value, you must answer the question “How would you feel if the satisfaction level of this value decreased strongly in your life?” by giving a score based on a scale from 1 to 5. The scale is defined as follows:

- 1 = It would not matter
- 2 = It would worry me a bit
- 3 = It would seriously worry me
- 4 = It would make life difficult
- 5 = It would be terrible

Your key values

The spreadsheet calculates automatically the combined score for each value. The results appear visually on the following two tabs.

The “TOP 5 VALUES” tab is the most important. It indicates which values are the most important to you. The top scores appear in cells highlighted in yellow. In the cells, you can also see the total score obtained by each value.

It may happen that more than five values appear highlighted. However, this method works best when you restrict the number of your top values to five. In the case that you would have more than five values appearing, you will have to make a choice and eliminate a few. You can do this by choosing from the list. If you are not sure about which values to keep and which to eliminate, you can re-enter the scores of these particular values in the “MORE” and “LESS” tabs by giving “fine-tuned” scores. For instance, if you gave a certain value a “2”, but you were hesitating between 2 and 3, you can enter a 2.5 score. Similarly, if you had given a certain value a “4”, but you were hesitating between 3 and 4, you may want to give it a 3.5.

The “BOTTOM 5 VALUES” tab is there as an accessory. Your least important values will appear inside red cells. You will not have to work with these values in the next step of the method, but it will give you awareness about what counts less in your life. This will be useful when you get to the identifying of your action plan, later in the process.