

5) Once evaluation is completed, pull out all the values into a new Self Value List that you want to continue to live by and that you can commit to as a strong belief in your life.

6) Create and add new values to your newly created Self Value List.

New Self Value List

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

7) Once your list is complete, mentally commit to it; take ownership of your new list.

8) Finally study the list daily for six months and put them into action by displaying them within yourself and others in your life.

Working through this and incorporating these new values will enhanced your belief system, worthiness and improve your self-esteem. Begin to function better in life through specially designed self values.