



1. **“Getting a grip”** on my anti –values. Do these steps **for each anti-value** that is in conflict with a positive value.

a) Where has this value held me back in the past?

b). When did you first realise that this anti-value was having a negative effect on you.

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c) List 5 ways this will hold you back in the future.

1
2
3
4
5

d) Why do I need to change this value?

e) What is the very worst thing that can happen if this anti- value is realized **(be realistic)**?

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f) What can I do right down to help me remove my anti values?

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2. Rank the anti-values where there is conflict in order of importance ie- the value you will do the MOST to avoid, down to the one you are less fearful of.

Anti-value	How to start “getting a grip” on it
1	
2	
3	
4	
5	
6	

NB: The extent to which you can overcome these ‘anti- values’, determines the extent of your success.