

i-Skill 6

My Values & Vision

Practice Sheet

to be used with

Step 6: Weaving My Core Values & Life Vision Together & My Motto

This Practice Sheet is to facilitate your work regarding page 102 in both the LTH Workbook and the LTH i-Skills 6 Master Sheet. These pages are in coordination with the online video instructions. Just follow the online instruction as you have been doing up until this point.

**Step 1A-C: List Your Core Values* and their Strength as a Habit and
List Your Anti-Core Values and their Strength as a Habit**

Strength Measurements = Frequency of Practicing the Core Value or Anti-Core Value
5 = Always; 4= Almost Always; 3 = Usually; 2 = Sometimes; 1 = Almost Never; 0 = Never.

[See examples on next page if needed.]

Core Value	Good Habit Strength	Anti-Core Value	Bad Habit Strength
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

When you have finished video Step 1A, restart the video for Step 1B instructions.

When you have finished video Step 1B, restart the video for Step 1C instructions.

When you have finished video Step 1C, restart the video for further instructions.

* *Note:* State each Core Value and its opposite (Anti-Core Value) in your own words. This is your personal process and meaning must be relevant to you. However, you should want to and be able to explain your words to your trusted friends or trusted group so they can more fully understand your intent.

An Example from LTH Participant "A's"¹ Completed Page 102.

Strength Measurement = Frequency of Practicing the Core Value or Anti-Core Value
5 = Always; 4= Almost Always; 3 = Usually; 2 = Sometimes; 1= Almost Never; 0 = Never.

1. Write down your Core Values / Good Habits and their Opposites*

Core Value	Good Habit Strength	Anti Core Value	Bad Habit Strength
1. Teachable	5	Closed Minded	0
2. Humble	1	Proud	4
3. Dependable	4	Unreliable	1
4. Compassionate	2	Cruel/Vengeful	3
5. Gracious	2	Judgmental	4
6. Passionate/Motivated	3	Lazy	0
7. Level Headed	3	Hot Headed	4
8. Honest	5	Dishonest	0
9. Generous	1	Stingy	3
10. Truthful	4	Deflecting	1

* *Note:* Each participant states each Core Value and its opposite (Anti-Core Value) in their own words. You do not need to use any of the words above or even try to guess their internal logic for their measurement of strength. This is your own personal process and meaning must be relevant to you. However, you should want to and be able to explain your words and your strength measurements to your trusted friends or trusted group so they can more fully understand your intent and where you perceive your strengths to be and what you need to strengthen.

¹ Example is from a Medical Doctor, father of two young children.

A Life Vision in One Sentence from LTH Participant "B's" p. 102

With utmost diligence and keenness of mind, starting with my family, friends and company,
and then extending outwards , help people grow according to their own Core Values and
Life Vision.

Step 3. Write Your Life Vision in One Sentence.

When done, restart video for further instructions.

4. A Motto from Participant "B's" p. 102

"Help People Grow"

Step 4. Write Your Motto

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When done transcribing from the Practice Sheet to page 102, restart the video for further instructions.