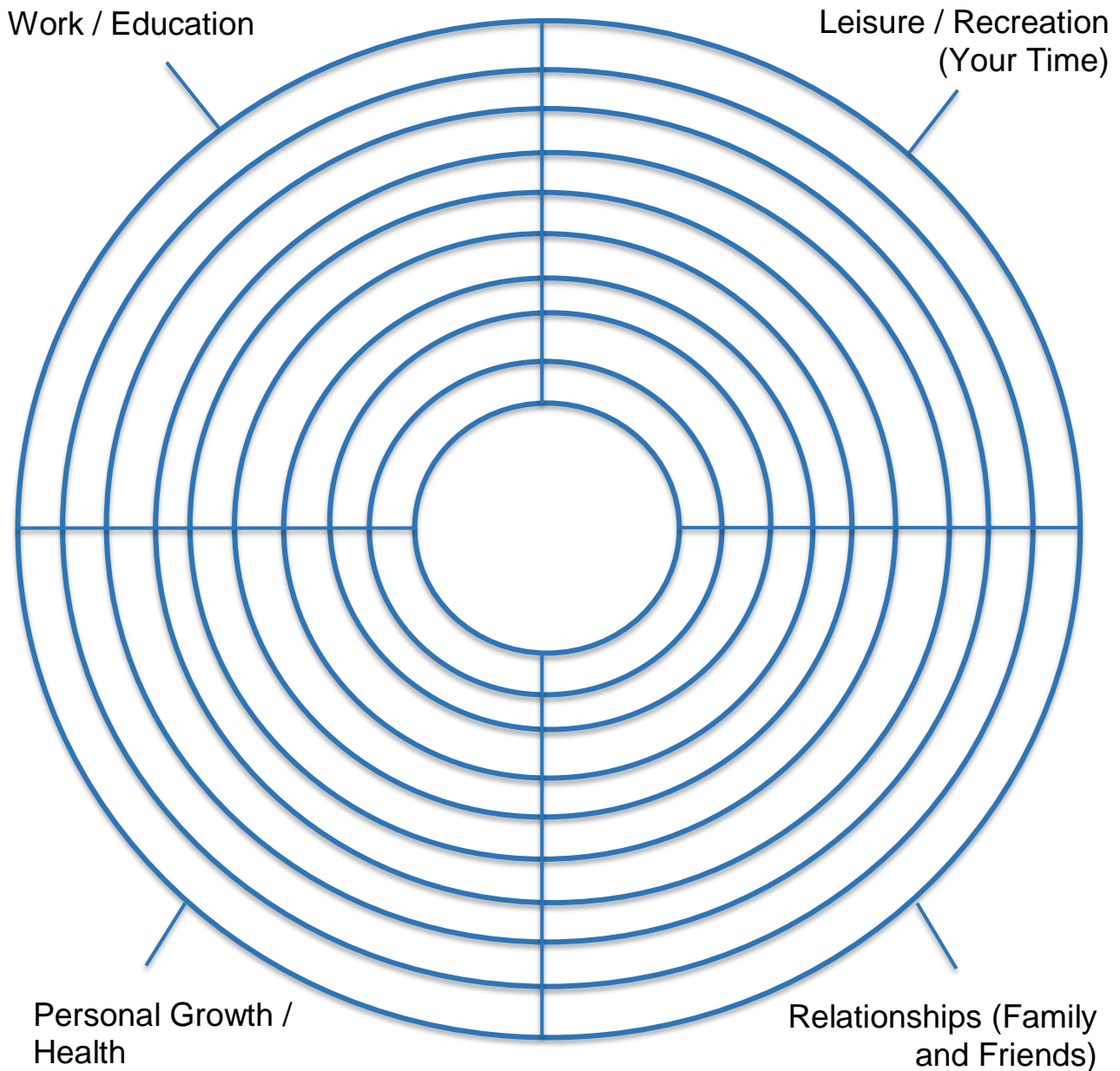


The Bull's Eye Exercise – Values, Behaviours and Uncomfortable Feelings

Mark the target in each of the four areas of your life to indicate how closely aligned your behaviours are to the values in the centre of the target. Use the boxes at the bottom of the worksheet to identify behaviours that move you towards your values and the uncomfortable thoughts and feelings that you will make room for to achieve this:



Towards Behaviours	Uncomfortable Thoughts and Feelings