

Simple Value Building Exercise.

	Today	Short Term	In Future	Permanently
Highly Important or Favorite				
Important				
Notable				
Un-desirable or Boring				
Most-Undesirable				

*Instructions: jot down quickly: 5-10 of each randomly
 Events, People, Daily Chores, Plans, Appliances , Clothing/Jewelry , Plans, Local Places,
 Furniture, Odors, Food, Feelings, TV show or Music or Books, Animals,
 on a separate paper, then organize them in these boxes.
 Each entry check in with your head & your gut on how you feel without analysis. Thats it.
 "Valuing Building Ex" From <http://echopen.wordpress.com>*