

1. Values

What are they?

What is the difference between values and morals?

What is resonance and dissonance?

2. Peak Experiences

When was a time in your life when you felt fully alive?

1.

2.

3.

4.

5.

Identify special moments when life was especially rewarding or poignant.

6.

7.

8.

9.

10.

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Module Two: Capturing Values

3. Exploring Our Peak Experiences

Choose one of the moments from above and answer these questions:

What was the moment?

What was happening?

Who was present and what was going on?

What makes this such a memorable moment?

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Module Two: Capturing Values

Choose another of the moments and answer these questions:

What was the moment?

What was happening?

Who was present and what was going on?

What makes this such a memorable moment?

***Do this with as many of the 10 moments as you'd like.

4. Valley Experiences

When was a time in your life when you felt very angry?

- 1.
- 2.
- 3.

When was a time in your life when you felt very frustrated?

- 4.
- 5.
- 6.

When was a time in your life when you felt very annoyed?

- 7.
- 8.
- 9.
- 10.

5. Exploring Our Valley Experiences

Choose one of the moments from above and answer these questions:

What was the moment?

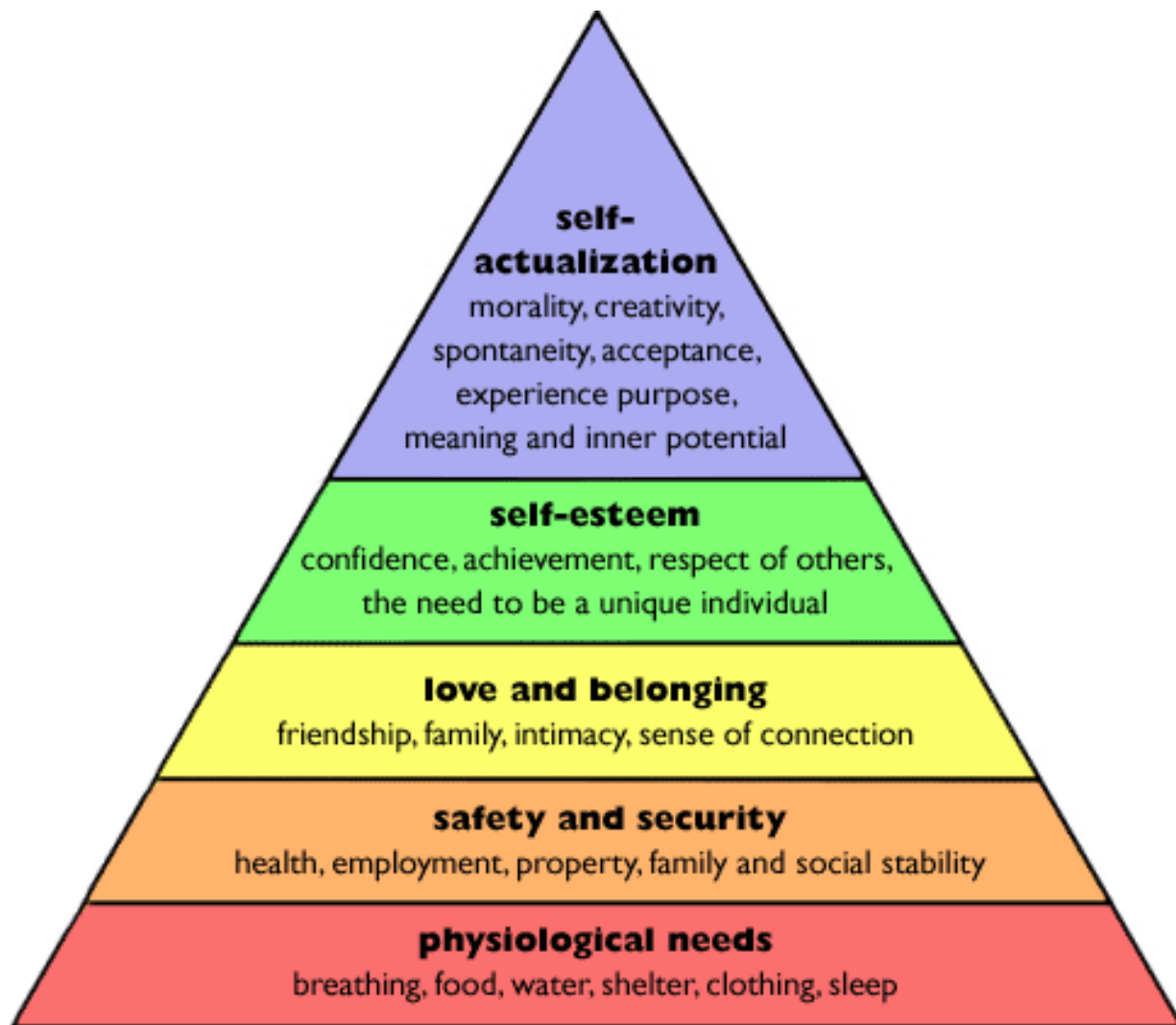
What was happening?

Who was present and what was going on?

What made you feel so angry, frustrated or annoyed?

***Do this with as many of the 10 moments as you'd like.

6. Maslow's Hierarchy of Needs

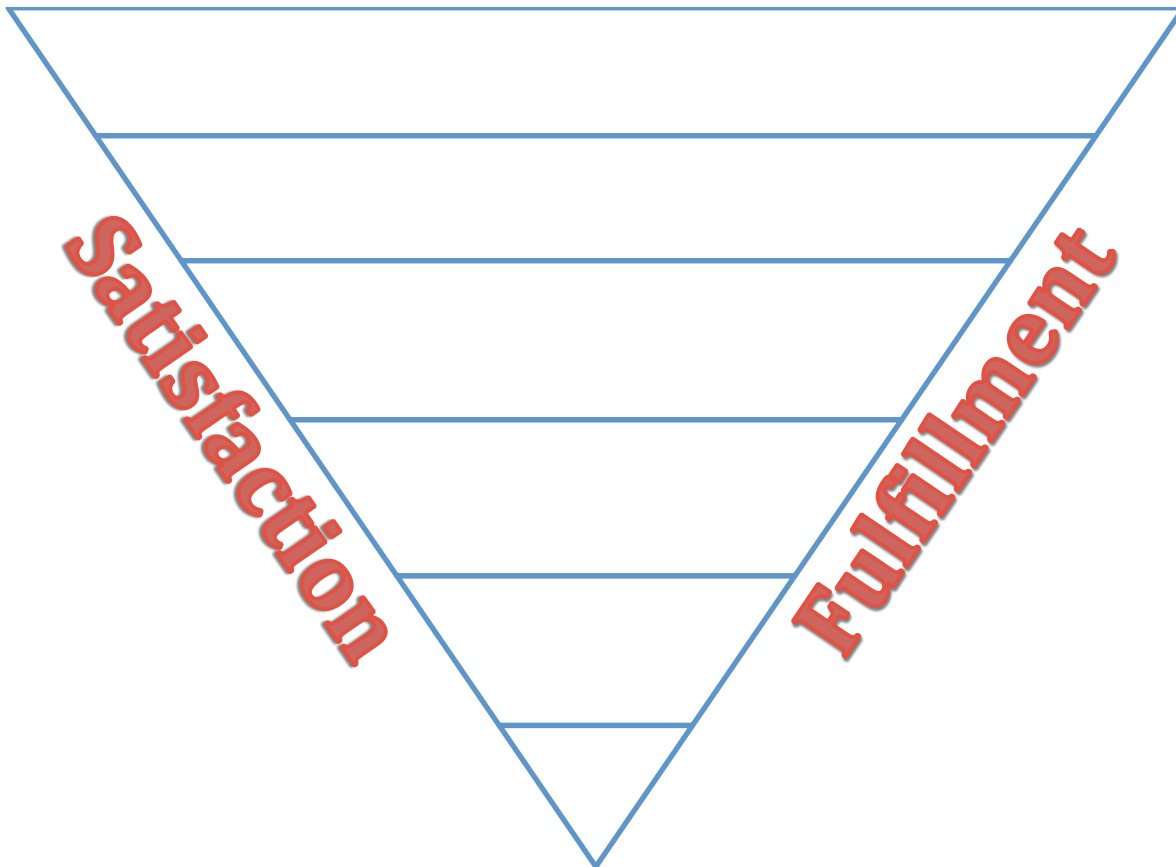


7. Must-Haves

Beyond Maslow's Hierarchy of needs what must you have in life in order to be fulfilled?

Ex. Must you have:

- A form of self-expression?
- Adventure and excitement?
- Partnership and collaboration?
- Moving toward a sense of accomplishment?
- Be surrounded by natural beauty?



8. Obsessive Expressions

