## Awakening The Genie Within (Chapter #6) WORKSHEET #5 – LIFE VALUES – SOURCES OF SATISFACTION

## Name: \_\_\_\_

This worksheet's purpose is to help you identify the places (sources) in your life where you look to meet your life value needs. This example suggests four sources (work, family and friends, self, and Church). You can change the sources to suit your situation. List your top ten values from Worksheet #2.

Under the **Exp.** column, give a rating from 1 to 10 that represents the degree to which you **expect** each source to satisfy each value need. (10 is the highest level of expectation, and 1 means little to no expectation). A rating of 5 or higher means that you consider this as a significant source in meeting that need. For example, if you expect your work to be the primary source for meeting your need for achievement, you might rate it as a 6 or an 8.

The degree to which you feel it meets your expectation is recorded (using the same scale) in the **Act.** column. If your work falls short of meeting your expectation, you may rate it as a 5 or a 6. It is good to have a variety of sources to meet each value need so that you do not leave yourself vulnerable if that source is no longer available.

RANK	VALUE	Work		Family / Friends		Self		Church	
		Exp.	Act.	Exp.	Act.	Exp.	Act.	Exp.	Act.
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									