

# 7 Questions Highly Confident People Ask Themselves



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## Discover Your Values

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**Think of someone you admire.**

It could be someone in your own life, or someone famous. What is it about their values that appeals to you?

I admire ..... for .....

I'm drawn to .....because she is .....

These attributes matter to me because I value.....

**Think of something that really annoys you. What is it about that that bugs you so much?**

When people .....it really annoys me because I think they should be more/less.....It's because I value.....

**In what ways can a person's treatment upset you?**

When someone ..... me.....it really upsets me because it makes me feel..... and I attach.....meaning to it. It's because I value.....

**What is a major decision you've made in the past? What did you base that choice on?**

The reason I ..... was because..... was important to me. This still holds true because I value.....

OR

This no longer holds true because these days I value.....