

## **Step 2: Elimination**

\_\_\_\_ Next, narrow your top 20 values down to the 10 which are **most** important to you. Draw a single line through the 10 that you are choosing to eliminate.

\_\_\_\_ Now that you have identified ten values, imagine that you are only permitted to have five values. Which five would you give up? Place a small X next to each of those, leaving the most important five.

\_\_\_\_ Now imagine that you are only permitted three. Highlight or place a check mark next to the three values that you are choosing to keep.

\_\_\_\_ Now narrow your list down to two. Put the number '3' next to the one you are choosing to eliminate.

\_\_\_\_ Finally, eliminate one of your two remaining values and place a '2' next to this one. Which is the one item on the list that remains?

\*\* \_\_\_\_\_ This is your most important value!\*\*

## **\*\*Priorities - a rank order of things that are important.**

2. When might it be necessary in life to prioritize your values? Can you think of any situation that required you to do this?

3. Explain the relationship between values and decision-making:

4. What is needed in order to make good health choices in one's life?