

Identify your points of integrity:

(Adapted from Lynn Grodzki's exercise in her book Building Your Ideal Private Practice)

My top three points of integrity are _____, _____, _____.

These are not principles you think you *should* hold, but those that you *already* stand for, that give your life and work meaning. Pick from the following or write your own if they are not below. By picking only three you will force yourself to become very clear about your current essential values in life.

Health	Fairness	Respect	Rules
Strength	Compassion	Power	Persuasion
Fun	Freedom	Influence	Encouragement
Sexuality	Spirituality	Honor	Mastering
Sensuality	Service	Trust	Winning
Love	Sacredness	Creativity	Accomplishment
Kindness	Security	Invention	Peace
Grace	Home	Openness	Quiet
Understanding	Family	Imagination	Calm
Beauty	Community	Planning	Inner strength
Adventure	Partnership	Building	Intuition
Courage	Growth	Challenge	Intellect
Risk	Enlightenment	Discovery	Play
Leadership	Happiness	Learning	Truth
Inspiration	Joy	Self-expression	Nurture
Change	Support	Feelings	Wholeness
Honesty	Contribution	Nature	Safety
Patience	Advocacy	Action	Vitality

What would my life based upon these principles look like? Regarding...

Community/Friends

Intimacy/Family

Work

Play

How would I need to change in order to work from these principles even more?

How would I benefit from these changes?

Is there an image that represents these values for you?