



Peak Experience

Take a few minutes to recall one (or some) of your life's Peak Experiences. Be sure to really generate that feeling again as much as you can. Then, write down some of the values that showed up. Also write down some of those "off the top of my head" values that you know are important to you. Afterwards, take a look at this list and cross out ones that don't quite fit, and circle the ones that you really resonate with.*