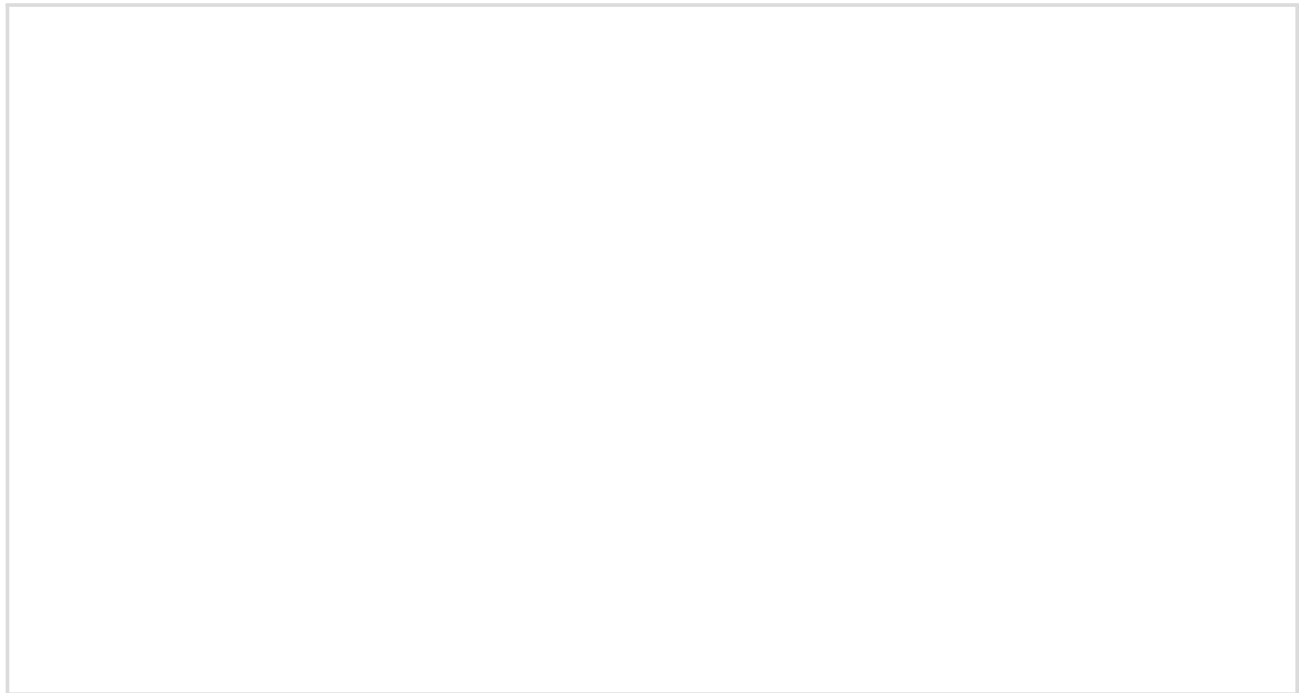


Stretch task #6 (Chapter 12, p181)

- Download a list of values (plenty to choose from online).
- Set your timer for 10 minutes.
- Read the values on your list and circle 10 that jump out at you (no overthinking!).
- Take a closer look at the 10 you've chosen and see if there is any overlap between some of them.
- Cut down to five.
- Rank the five you have left.
- Pick the top two.
- Try them for a few weeks.
- When you have a decision to make, an action to take, run it past your values – does it fit?
- If yes, keep it; if not, switch it out.
- Repeat until you've found your fit.

Reminder: your values will not be engraved on your tombstone (unless you want them to be). You can change your mind.



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