

# Exercise : link you daily tasks to you values and vision

List 5 recurrent daily tasks with “like level” and find the link to your values and your vision.

Recurrent Tasks	“Like” level	New ways to tasks with low “like level”	Your values scale	Your 10 years dream
1 _____	_____	_____	● ● ● _____	Behaviours      Actions, purpose
2 _____	_____	_____	... _____	Feelings
3 _____	_____	_____	... _____	_____
4 _____	_____	_____	... _____	Identity      Environment
5 _____	_____	_____	... _____	_____