

Personal Development with Profilingvalues® - Exercises & 7-Day Plan

Five value-based reflection exercises and a 7-day plan for real implementation.

5 reflection exercises on values & self-image

Values are invisible – until you ask what really drives you.

1. Your top 3 values · 20 min

Pick 15 values from a list – then cross out 12.

- Which 3 remain?
- How do you recognise them in daily life?
- Where are they regularly violated?

2. Self-image vs. external image · 15 min

Ask 3 people for 5 adjectives that describe you.

- What surprises you?
- Where do self and external image differ?
- What do you want to strengthen in the external image?

3. Decision check · 15 min

Take a pending decision.

- Which value does it serve?
- Which does it violate?
- What would a value-congruent alternative be?

4. Your 'why' question · 10 min

Write: 'I get up in the morning to ...'

- How does that sound today?
- How should it sound?
- What would be a test step in that direction?

5. Behaviour experiment · 15 min

Choose one value you'll live more consciously this week.

- How does the value show up concretely?
- Where will you be tested?
- How do you reward yourself when you do it?

7-day transfer plan

Value clarity through daily mini-experiments.

Day 1 List values	Collect 15 values important to you. ↳ Which values show up unexpectedly?
Day 2 Rank values	Cross out 12 – keep the top 3. ↳ What was hard to cut?
Day 3 Check values	Check: Where do you live them, where do you violate them? ↳ Where does it hurt most?
Day 4 Value conflict	Where do two of your top values collide in daily life? ↳ How do you usually resolve that conflict?
Day 5 Communicate values	Explain to an important person which values guide you. ↳ What was the reaction?
Day 6 Live values	Take one action today aligned with your top value. ↳ How does it feel?
Day 7 Anchor	Define a weekly routine that makes your values visible. ↳ When will you reflect on whether it's working?