



My core values and ethics

Please consider this questionnaire a “draft” the first time you do it.
Write as freely as you can. Use it as your very own little brainstorming session.

Please be as honest as you are able. Your answers can be private to you. There is no need to share them.

What is important to you?

In no particular order, note down the things that are most important to you.

My core values

List some of your important values.

Which are the 5 most important ones?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there circumstances in which you compromise on your values and ethics? If so, when? What kind of circumstances? What kind of compromises?

How do you feel about that?

Is there anything you would like to do differently in the future?

Ethics homeplay

Please answer these questions on separate sheets of paper.

Goal Ethics

Who do you want to grow into?

Action Ethics

What are the actions that will help you grow into the person you want to be?

These are the actions you take, the things you DO NOW to become the person that you want to be.

E.g. if you want to be calm, centred and equanimous, perhaps you want to develop a daily meditation practice or check in daily with how aligned your values and ethics are with the way you are living your life. Maybe your actions for now would be to start with a yoga practice 3 days a week and a values and ethics check-in on the other days for the first 6 months.

Tap Root of Action Ethics

You are already doing some of these. Discover which ethics you already live by. If you don't honour the work you've already done, it perpetuates neediness.

Entrapment Ethics

The rules you have that sabotage your attempt to move forward. E.g. "I want to be a person of power, therefore I can't have a love relationship" or "I want to be a person of power, but it is wrong to want power, particularly if I am a good person." Another example: "I want to be a spiritual person but spiritual people don't have sex, but I am a sexual person, and I am having sex". This contradiction in beliefs and behaviour leads to feelings of guilt, failure, resentment and numbing. Can you imagine having sex with someone with this conflict in their ethics? (**Useful question: who am I doing this for?**)

- Which ethics were you taught by
 - Parents
 - School
 - Religion
 - Anywhere else
- What are your ethics regarding:
 - The work you do
 - Money
 - Sex
 - Your responsibility to yourself
 - Your relationship with power and authority
 - Relationship
 - Truth speaking
 - Your practice(s)
 - Spirituality
 - Nourishing your self and your soul

Future Action Ethics?

Are there any future action ethics that you would like to commit to? Maybe:

- A daily ethics check in?
- Asking yourself from time to time: "Who am I doing this for?", "Whose voice is this?"