



NEXT LEVEL VALUES

The results you get don't come from your thinking, or bad decisions, or even what you didn't do. They are not a result of your education or skill, or even your will. 100% of your result comes from your behaviour and your behaviour 100% comes from your values. So to get new or different results we must level up our values so that we perform better, do better, and get better. Even if your results are good, there is always another level and the name of the game is values.

STEP 1

Describe a current result you have in your life. Doesn't matter if it's desirable or not, just one you want to focus on and grow from.

STEP 2

List 3 values that got your that results. Be honest.

Value
1
2
3

STEP 3

What actions or behaviours came from having that value?

Value	Action or behaviours from that value
1	1. 2. 3.
2	1. 2. 3.
3	1. 2. 3.

NXT LVL STEP 4

Describe the NEXT LEVEL result you DESIRE in your life. What do you want to grow to from the last result described?

NXT LVL STEP 5

List 3 values that you NEED to get what you WANT?

Value
1
2
3

NXT LVL STEP 6

What are the actions and behaviours that will come from that value?

Value	Action or behaviours from that value
1	1. 2. 3.
2	1. 2. 3.
3	1. 2. 3.

What is your VERY NEXT action?

