



**7-DAY PERSONALITY TRANSPLANT
SYSTEM SHOCK FOR REALNESS AND LIFE
PURPOSE**

OLI ANDERSON COACHING

DAY 1: DEATH – EXERCISES

Part 1: Values

Use the tool below to figure out your 5 most significant core values.

These questions might help you prioritise but use whatever method works for you:

- 1) What values must I have in my life to feel alive?**
- 2) What do I look for and respect in other human beings?**
- 3) What values do the best relationships in my life embody?**
- 4) What values would I like to see more of in the world?**

VALUE	SIGNIFICANCE		
	HIGH	MEDIUM	LOW
Abundance			
Acceptance			
Accountability			
Achievement			
Activity			
Action			
Advancement			
Adventure			
Affection			
Authenticity			
Balance			
Beauty			
Caring			
Challenge			
Change			
Character			
Choice			
Clarity			
Collaboration			
Comfort			
Compassion			

Communication			
Community			
Competence			
Competition			
Confrontation			
Connectedness			
Consciousness			
Consensus			
Context			
Control			
Conviction			
Cooperation			
Country			
Courage			
Courtesy			
Creativity			
Death			
Dedication			
Decisiveness			
Democracy			
Development			
Dialogue			
Difference			

Dignity

Discipline

Diversity

Duty

Earth

Edge

Education

Effectiveness

Empathy

Empowerment

Entrepreneurship

Environment

Equality

Excellence

Excitement

Experience

Expertise

Faith

Fairness

Fallibility

Fame

Family

Fidelity

Flexibility

Flux

Forgiveness

Freedom

Friendship

Fun

'God'

Goodness

Gratitude

Greatness

Growth

'Happiness'

Harmony

Healing

Health

Home

Honesty

Honour

Human Nature

Humanity

Humility

Humour

Imagination

Impact			
Imperfection			
Independence			
Individuality			
Influence			
Innovation			
Integrity			
Intelligence			
Interdependence			
Internality			
Involvement			
Joy			
Justice			
Kindness			
Knowledge			
Leadership			
Learning			
Life			
Love			
Loyalty			
Meaning			
Meditation			
Mercy			

Merit

Moments

Money

Motivation

Nature

Openness

Opportunity

Order

Originality

Paradox

Participation

Partnership

Passion

Patience

Peace

Perfection

Perseverance

Philanthropy

Planning

Pleasure

Possibility

Positivity

Potential

Power			
Presence			
Privacy			
Process			
Productivity			
Professionalism			
Progress			
Prosperity			
Purpose			
Quality			
Questions			
Reality			
Reason			
Recognition			
Reflection			
Relationships			
Religion			
Respect			
Responsibility			
Responsiveness			
Resolution			
Risk-taking			
Ritual			

Safety

Sanctuary

Security

Self

Self-acceptance

Self-actualisation

Self-awareness

Self-creation

Self-esteem

Self-guidance

Self-investment

Self-leadership

Self-reflection

Self-transcendence

Serenity

Solitude

Spirituality

Stability

Status

Stewardship

Stewardship

Strength

Substance

Surrender

Success

Systems

Teaching

Team Work

Time

Tradition

Trust

Truth

Uncertainty

Understanding

Uniqueness

Variety

Vision

Vitality

Vulnerability

Wealth

Wellness

Wholeness

Wisdom

Other....

What are your five most significant core values?

1.

2.

3.

4.

5.

You are here



(unreal)



(real)



You want to be here

How are these values showing up in your life at present (before closing your own personal 'gap')?

Value 1:

Value 2:

Value 3:

Value 4:

Value 5:

(Rate each one on a scale of 1/10).

Now, give each of these values a **DEFINITION** that makes sense to you. What does each of these things mean in the context of your life and what you're trying to achieve?

This is because my version of 'justice' or 'freedom' might be different to yours. This is about **YOUR** life.

VALUE	DEFINITION
1	
2	
3	
4	
5	

Part 2: Intentions

Now we're going to look at translating your VALUES into goals by setting INTENTIONS for you to start following up on before you DIE (this is the 'Death' exercise, after all).

**What intentions would you be acting on if you were at the other side of the 'Gap'?
What would the REAL you be doing with your life in alignment with your values?**

Part 3: Bucket List

Now that you have a better understanding of your values and some of the intentions you have because of them what kind of things do you need to be giving your time, energy, and attention to before you drop dead?

At this stage in the course, the point is to be as **AUDACIOUS as possible – don't hold back. Imagine you have unlimited resources and nothing holding you back right now. What do you *really* intend to do with your values?**

Things I need to start working on before I'm dead (don't hold back – you will refine this list based on your learning on Day 7):

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