MINDSET MATTERS BOOK CLUB

Think Like A Monk Jay Shetty Page 10

WHERE DID YOUR VALUES COME FROM?

It can be hard to perceive the effect these casual influences have on us. Values are abstract, elusive, and the world we live in constantly pushes blatant and subliminal suggestions as to what we should want, and how we should live, and how we form our ideas of who we are.

ACTION

Write down some of the values that shape your life. Next to each write the origin. Put a checkmark next to each value that you truly share.

Example

Value	Origin	Is It True to Me?
Kindness	Parent	✓
Appearance	Media	Not in the same way
Wealth	Parent	No
Good Grades	School	Interfered with real learning
Knowledge	School	✓
Family	Tradition	Family: yes but not traditional