

TECHBBQ x today

FREE-FLOW VALUE WRITING



Free-Flow Value Writing

- Personal values make up a sizable part of our identity. Identifying your core values serves as a starting point for preserving who you are.
- The free flow value writing exercise from the book Pivot has been selected to help you do just that.
- Take some time to just reflect on the questions and write about your thoughts.

Free-Flow Value Questions

- **What excites you the most?**
- **What are you most proud of?**
- **What is the compliment or acknowledgement you hear most often?**
- **If someone was to interview your family and/or closest friends what would they say you value the most?**
- **Name three people you admire and list three adjectives for why you chose each person.**

Free-Flow Value Questions

- **Think of a peak time in your life— a time of adventure, joy, or peace. It may be a moment in time, or it may have happened over a longer period. Describe it with as many vivid details as possible. What makes this memory so powerful? Take yourself back to that time: What do you see? Hear? Taste? Smell? What are you thinking? How do you feel?**

Free-Flow Value Questions

- What do you want less of in your life?
- What challenges are you currently facing?
- What are your unanswered questions at the moment?
- Are there any areas in your life where you feel out of balance, or as if you are missing something?
- What do you want more of in your life?

Sources Cited

Blake, J. (2016) Pivot: The Only Move That Matters Is Your Next One. New York: Penguin Publishing Group.

Willer, C. (2021) Startup Founder Wellbeing: A report for entrepreneurs covering stress, mental wellbeing, and tools for building healthy habits. [Online]