



Core values: risk and opportunity

SIGNIFICANCE

People like to feel significant, like they have achieved something. People like to feel that they are moving forward, improving and achieving goals. People also need to feel a level of status and significance both personally and in social situations.

Goal-setting theory, Trans-theoretical model, Cognitive-Behavioural model, Appreciative enquiry, Neuroscience, Positive Psychology

Times when I have chosen to achieve something and/or feel a level of status

Times when I have chosen NOT to achieve something and/or feel a level of status

What are the risks associated with this choice

What are the risks associated with this choice

What are the opportunities associated with this choice

What are the opportunities associated with this choice