



Watch A Video

**THE REASON MOST PEOPLE
ARE LIVING THEIR SECRET
IDENTITY**

Be ready to answer the following question after you watch this video: How has society dictated your values?



5 MINUTES

Timed Exercise

For each of the following workbook questions, set a timer for 5 minutes and begin writing. Your answers do not have to be perfect or lengthy, but they should be true. Move fast into action.

1. Think of someone that you know that is wrapped into the “keeping up with the Joneses mentality.” How many people like that can you name? How many people can you name that are not like that?

2. How do you feel society will respond to you if you choose to “go against the grain?” Where do you see that as a limitation that is holding you back?

3. Who do you feel will respond the strongest should you try to change? Why?

4. Defend the following statement, “Life is the mud, we just need to clean it off to be aware what was always there.”

5. How has society dictated your values?



1. Write down the values that you feel you have obtained through your family, religion, school, and any other influences that have been impactful throughout your life. On that sheet of paper, take a highlighter and highlight all of the values that you feel are a true reflection of who you are at your core. Take a pen (red if you have it) and draw a line through the values that feel are not congruent with your super hero.

Here's a list of values taken from **C. Robert's Fifth Discipline Fieldbook** to help you brainstorm your list:

achievement, advancement, adventure, affection, arts, challenging problems, change and variety, close relationships, community, competence, competition, cooperation, country, creativity, decisiveness, democracy, ecological awareness, economic security, effectiveness, efficiency, ethical practice, excellence, excitement, fame, fast living, financial gain, friendships, growth, having a family, helping other people, helping society, honesty, independence, influencing others, inner harmony, integrity, intellectual status, involvement, job tranquility, knowledge, leadership, locations, loyalty, market position, meaningful work, merit, money, nature, order, personal development, freedom, physical challenge, pleasure, power & authority, privacy, public service, purity, quality relationships, recognition, religion, reputation, responsibility & accountability, security, self-respect, serenity, sophistication, stability, status, supervising others, time freedom, truth, wealth, wisdom, work under pressure, work with others, working alone.

2. Go through the list one more time and be really honest. Pull back the layers and expectations of society and others. When you get real with yourself, which additional values would you need to cross off with your red pen. For example: One of my values is that I would like to be more selfish OR I love my kids but I just don't exist for my kids.

3. If you feel so inclined, share in the ["I AM HERO PROJECT" Facebook Community](#) which value you crossed off the list the second time through that you felt guilty about crossing off.

4. Comment words of encouragement on three similar posts.

NOTES:	