

# Values Worksheet:

What are some of the difficult thoughts that went through my mind at tonight's gig?

---

---

---

---

---

---

---

---

---

---

How do these thoughts reflect entrenched values that I hold?

---

---

---

---

---

---

---

---

---

---

What good values can I work on developing that will help me have greater peace of mind about my drumming?

---

---

---

---

---

---

---

---

---

---