

## Peak Experience Exercise

Ideally, you do this exercise with another person, who listens with the intention to help you uncover the values hidden in that special peak experience of yours and who also takes notes of the most important things you say.

This way you get to fully focus on going back to that moment in time and describing the experience as vividly as you can.

And if you are both up for it you can take turns later on and let the other person go through the same process while you are writing down the notes for him/her.

When you are all set up (by yourself or with that other person) think of a time when you could say, “Life just doesn’t get any better than this.” Maybe this time was a moment, maybe it was a day, or maybe it was even longer.

Really bring to your mind the picture of yourself at that time:

- Where exactly are you? What do you see? Describe it in detail.
- Who is with you?
- What is going on, what are you doing and experiencing?
- What are the colors here, the temperature?
- How does your body respond in this time, in this place?
- How are you feeling?
- What makes this time so wonderful and memorable?
- What stands out to you and why is it important to you?

### Really get as specific as you can!

If you have a person listening to you, s/he should ask you clarifying questions and probe you to go a little deeper if it seems as though you are staying at the surface of the experience, and to explore the reasons why this moment in time was so special for you.

Then try to identify and name any values hidden in these components that made this moment so special for you.

**Enjoy the process!**