



Season's

Greetings

This has been a very special year for me, I'm so glad to share with you all. My first visit in 17 years has forged a new friendship - and through our combined efforts we have reached out to my friends and family, as well as to the prison population here, with Scientology DVD's showing the potential for Higher States of Being. This year has also brought old friends back into my life through this blog-site. This blog-site has also allowed my estranged kids and their mom to get to know me better and get back into communication. All in all I feel very blessed to have endured in this exile to see this day. You're so right Deb: "what amazing kids we've been Blessed with". Hope and pray 2015 brings all of us all the best.

Happy Birthday #17

23 December 14

Hannah B. Harley girl.



I love you

Be blessed in every way!

No Expiration Date

This entitles you to a FREE Smile, Hug, or Act of Kindness whenever you want or need one. (Redeem as needed... Pass it on.)

Will you please print-out a copy of this and circle the number which applies right now at the beginning of 2015, and periodically compare it thereafter?

In-Class Exercise

Core Values Assessment

Rate the values from 1 - 5 according to their value to you.					
1. Essential 2. Important 3. Somewhat important					
4. Not important 5. Doesn't apply					
Integrity	1	2	3	4	5
Courage	1	2	3	4	5
Diversity	1	2	3	4	5
Security	1	2	3	4	5
Wisdom	1	2	3	4	5
Peace	1	2	3	4	5
Power	1	2	3	4	5
Challenge	1	2	3	4	5
Creativity	1	2	3	4	5
Prosperity	1	2	3	4	5
Spirituality	1	2	3	4	5
Success	1	2	3	4	5
Personal Vision	1	2	3	4	5
Teamwork	1	2	3	4	5
Harmony	1	2	3	4	5
Respect	1	2	3	4	5
Change	1	2	3	4	5
Belonging	1	2	3	4	5
Communication	1	2	3	4	5
Well-Being	1	2	3	4	5
Knowledge	1	2	3	4	5

In-Class Exercise...continued

Core Values Assessment

Rate the values from 1 - 5 according to their value to you.

1. Essential 2. Important 3. Somewhat important
4. Not important 5. Doesn't apply

Love	1	2	3	4	5
Joy	1	2	3	4	5
Gratitude	1	2	3	4	5
Intuition	1	2	3	4	5
Service	1	2	3	4	5
Truth	1	2	3	4	5
Imagination	1	2	3	4	5
Freedom	1	2	3	4	5
Beauty	1	2	3	4	5
Compassion	1	2	3	4	5
Nature	1	2	3	4	5
Risk Taking	1	2	3	4	5
Family	1	2	3	4	5
Authenticity	1	2	3	4	5
Faith	1	2	3	4	5
Orderliness	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Any others?

There IS a law of Cause and Effect! How do you intend to use it?

Putting My Values to Work in My Life

How would you like to express your values? What are some actions you can take to support your values?

Physical Values :

Action to Take

1.
2.
3.

Mind/Spirit Values:

Action to Take

1.
2.
3.

Relationship Values:

Action to Take

1.
2.
3.

Occupation Values:

Action to Take

1.
2.
3.

Other Values:

My Intentions for my daily life:

- 1.
- 2.
- 3.

Home Study Exercise

Create a daily action plan for your life by completing the form on this page.

Using the Value exercise which you did in class, choose and record one or several values for each area of your life. (For example: Physical Values: well-being, prosperity, nature)

Decide how you can express these values in your daily life and fill in the "Action to Take" steps.

Note: Occupational values are not just about a job. They are about anything which occupies your time on a regular basis.

CRIMINON

"There is no person alive who cannot make a new beginning"
- The Way to Happiness

Does hereby certify that
William Goehler

Has satisfactorily attained the requirements necessary and is hereby awarded a Certificate of Completion of

The Learning Skills Course

This 27 *day of* Sept. 2014

Certificate # 2655

Chuck S.
Extension Course Supervisor

Barbara Kalergis
CRIMINON Executive Director

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