

DISCOVER YOUR VALUES



What three values are essential to your core?

Our core values give us guidance in our lives. Values are connected with what we believe is most important to us and what we stand for.

Which value(s) do you frequently bury down?

Think back to a time when you did not feel like yourself. Maybe you were in an argument and was left angry or frustrated. Try to remember if your core values were being honored at that time. Chances are they likely were not.

How could you honor your values daily?

When we feel connected to our inner-self we feel centered, fulfilled and loved. Think about the last time you felt those ways.
