

Living Your Values

Intention: Getting clear on your values will provide you with a deeper sense of purpose and knowing as you navigate the complicated choices of work, life and everything in between. Most importantly, taking action and living your values will lead to greater authenticity, connection and joy in your life.

Step 1: Find a quiet place and give yourself at least 20 minutes of uninterrupted time for this exercise. Grab a pen and print this handout. Art supplies are recommended and a fun addition, but not necessary.

Step 2: Circle your top 7-10 values on the next page. Try to listen to your body rather than your mind. Ignore the "shoulds" and go with your gut.

Step 3: Imagine living your life and making choices aligned with your values. What does that look like in action? Which "living your values" phrases resonate on Page 3? Feel free to also create your own phrases.

Step 4: Imagine infusing your home with your values and creating a sacred space for you and your family. Collect the phrases and values that resonate with you most and write them inside the image of the home on Page 4.

BONUS STEP: Grab some art supplies and draw or watercolor your sacred space and values in a way that feels right to you. Example on Page 5.

Step 5: Create forward momentum and think of one action step you can take this week that's aligned with your values. Action is key here. Knowing your values is important, but taking action based on your values is where transformation occurs.

Step 6: Make it a daily habit and check in with your values (or view your art project) and continue to make aligned choices.

Step 7: Have fun and make this exercise your own. There's no wrong or right way to do this, the point is simply to get in better touch with what matters to you!

Top Values

Abundance	Curiosity	Humility	Philanthropy
Acceptance	Daring	Humor	Playfulness
Accomplishment	Decisiveness	Imagination	Power
Accountability	Dependability	Impact	Preparedness
Accuracy	Determination	Improvement	Privacy
Achievement	Dignity	Independence	Productivity
Acknowledgement	Directness	Inspiration	Realism
Activeness	Discipline	Integrity	Recognition
Adventure	Discovery	Intimacy	Relaxation
Aesthetics	Ease	Inventiveness	Resourcefulness
Altruism	Elegance	Joy	Respect
Amusement	Emotions	Justice	Responsibility
Appreciation	Empathy	Kindness	Risk Taking
Approval	Empowerment	Knowledge	Romance
Artistry	Encouragement	Leadership	Sacrifice
Attraction	Energy	Learning	Security
Authenticity	Enjoyment	Legacy	Self-expression
Autonomy	Enthusiasm	Liveliness	Self-reliance
Awareness	Excellence	Love	Significance
Balance	Excitement	Loyalty	Spirituality
Beauty	Experience	Luxury	Spontaneity
Being the best	Experimenting	Mastery	Style
Bliss	Expression	Meaning	Success
Boldness	Fame	Mindfulness	Support
Certainty	Family	Nature	Teaching
Choice	Feeling good	Nurturing	Tranquility
Clarity	Flexibility	Open-mindedness	Trust
Collaboration	Focus	Openness	Understanding
Commitment	Freedom	Optimism	Vitality
Community	Friendship	Orderliness	Vulnerability
Compassion	Fun	Originality	Wealth
Comradeship	Generosity	Outdoors	Willfulness
Connectedness	Growth	Participation	Wisdom
Contentment	Happiness	Passion	Wonder
Contribution	Harmony	Patience	Worthiness
Courage	Health	Peace	Zest
Creativity	Honesty	Persistence	

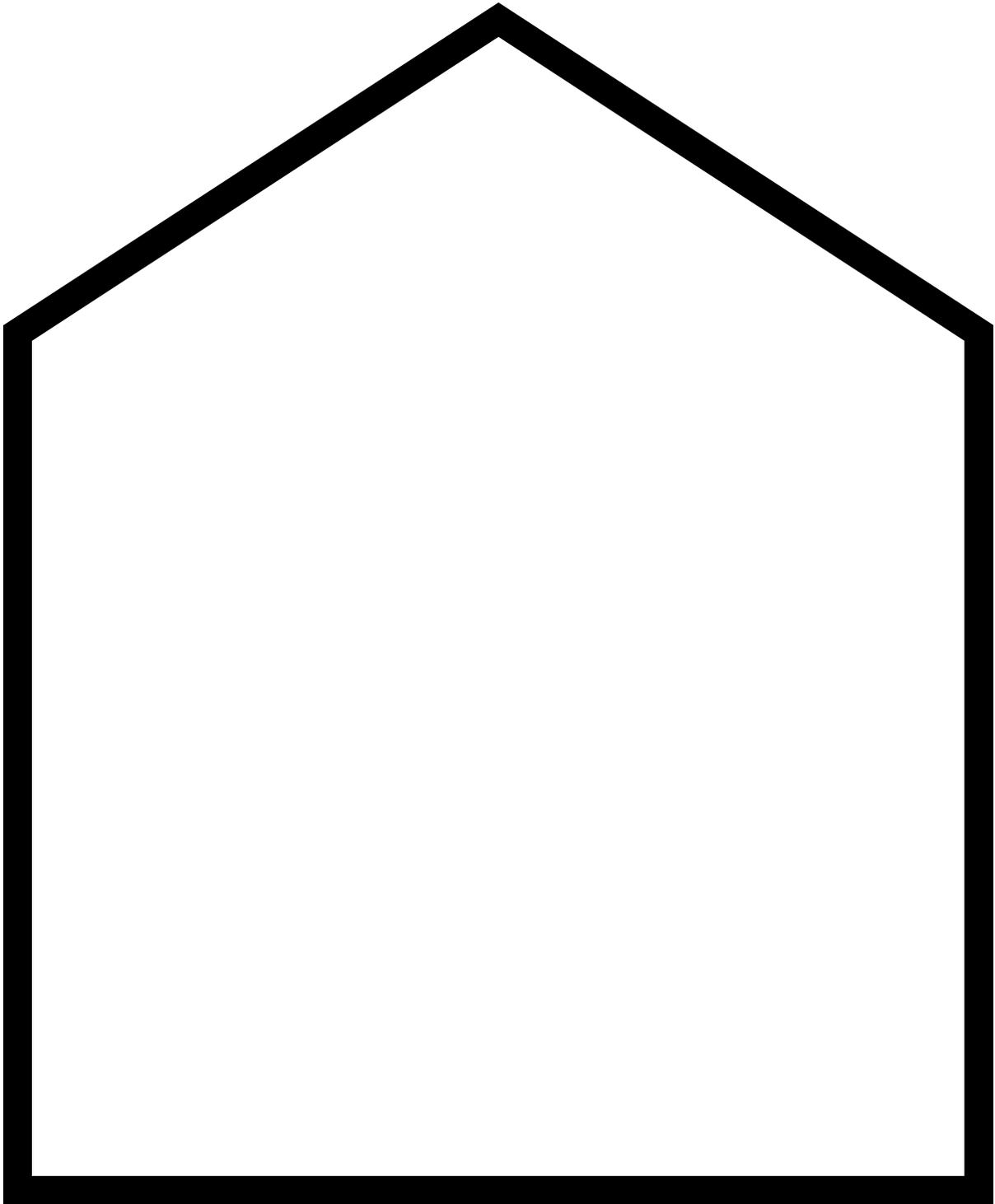
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Example: If your value is GROWTH, your phrases might be "make mistakes," "embrace change" and "be flexible." If your value is AUTHENTICITY, your phrases might be "opening up about my struggles" or "speaking my truth."

- Be yourself
- Be afraid
- Rest / Take a nap
- Ask for help
- Ask questions
- Say you're not ok
- Make mistakes / screw up
- Share how you feel and what you need to make it better
- Embrace the unknown
- Feel like you always belong
- Be silly
- Laugh
- Play
- Be unproductive / Do nothing sometimes
- Be messy
- Take time for yourself / be alone
- Shoot for the moon
- Say what's on your mind
- Feel loved no matter what
- Take risks
- Live to your greatest potential
- Shine brightly
- Take care of yourself
- Learn and grow
- Try your best
- Enjoy the process
- Be spontaneous
- Dance like there's no one watching
- Be happy even when others are sad or disappointed
- Write
- Have privacy
- Choose your own path
- Do things that aren't "cool" or "popular"
- Make your own decisions
- Give input
- Open up about your struggles

LISA
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creating a sacred space



TAKE RISKS. BE WILLING TO FAIL. SPEAK THE TRUTH. TAKE TIME FOR YOU. QUIET. EMBRACE THE UNKNOWN. TAKE
LOVING CARE OF YOUR MIND, BODY, SPIRIT. CHOOSE YOU

COURAGE



- Flexibility • Simplicity •
- Connection •
- HONOR MY NEEDS •
- Quiet contentment •