

# When did you feel most alive?



Who was around you?

What were your relationships like (think of the qualities)?

What were your thoughts like?

What were you feeling?

What felt meaningful?

What risks were you taking?

## What values were present?

### Pick three

- |                                     |  |                                       |
|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Integrity  | <input type="checkbox"/> Humor         | <input type="checkbox"/> Creativity   |
| <input type="checkbox"/> Education  | <input type="checkbox"/> Compassion    | <input type="checkbox"/> Rebellion    |
| <input type="checkbox"/> Adventure  | <input type="checkbox"/> Joy           | <input type="checkbox"/> Nature       |
| <input type="checkbox"/> Courage    | <input type="checkbox"/> Resilience    | <input type="checkbox"/> Authenticity |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Transcendence | <input type="checkbox"/> Other:       |

**If my 3 values were fully present today, I would choose and do...**



Health:

Work:

Family and Friends:

Spirituality / Personal Growth:

## **Pick one of the four areas to focus on.**

Choose a low risk situation. Next time you think, *"I have to, should, or must,"* replace "have to" or "should" with "I'm choosing x" based on your values.

For example:

I should be good and go to the gym.

-I'm choosing to walk outside because the fresh air invigorates me, and I feel grounded when I come back from the woods (nature)

-I'm choosing to check-in with myself and see what will feel good (integrity)