

## LIVE VALUE-ALIGNED

**What would you do if you had a whole day free?**

(with no work, study, or any other obligations)

**Think about 3 significant occasions when you felt truly alive...**

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Reflect on two decisions you have made...

• One that was easy to make

• One that was difficult to make... (consider if there were any values that were in conflict)

What were the values that made these decisions either easy, or difficult to make?

Consider for a moment, if there are any of your values you feel you are not currently living in alignment with...

Think of one concrete action that you could take this week, to start living in alignment with this value...