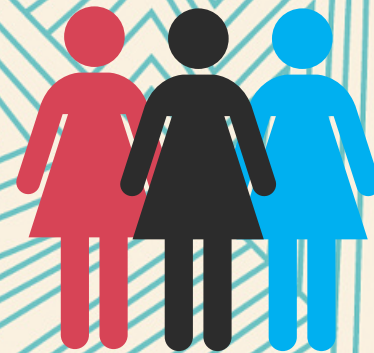
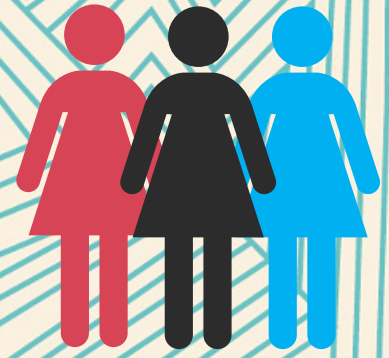


Your Inner Compass



Make a list of AT LEAST 25 values that feel important to YOU.-- that represent the kind of experience you would like to have in your life (Note: These are aspirational values -- meaning that you might not (and probably don't) feel like you 'own' them fully right now, they are simply values that you are currently working towards feeling and 'owning' -- ones that you really WANT to own)

Your Inner Compass



1. Mentally (or you can write it down) ask yourself WHY each value has been added to this list.

2. Then ask yourself: would living this value (as part of my internal compass) ADD to my ability to feel beautiful, powerful, happy, and free? (This is super important because none of your values should compromise your happiness and freedom, so if they do, make sure you scratch them off your list).

3. Now it's time to choose your TOP 10 words that resonate the most. These are your TOP 10 ways of being that feel important to YOU -- that represent the kind of experience you would like to have in your life. List your TOP 10 below...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

That's it for today! :)