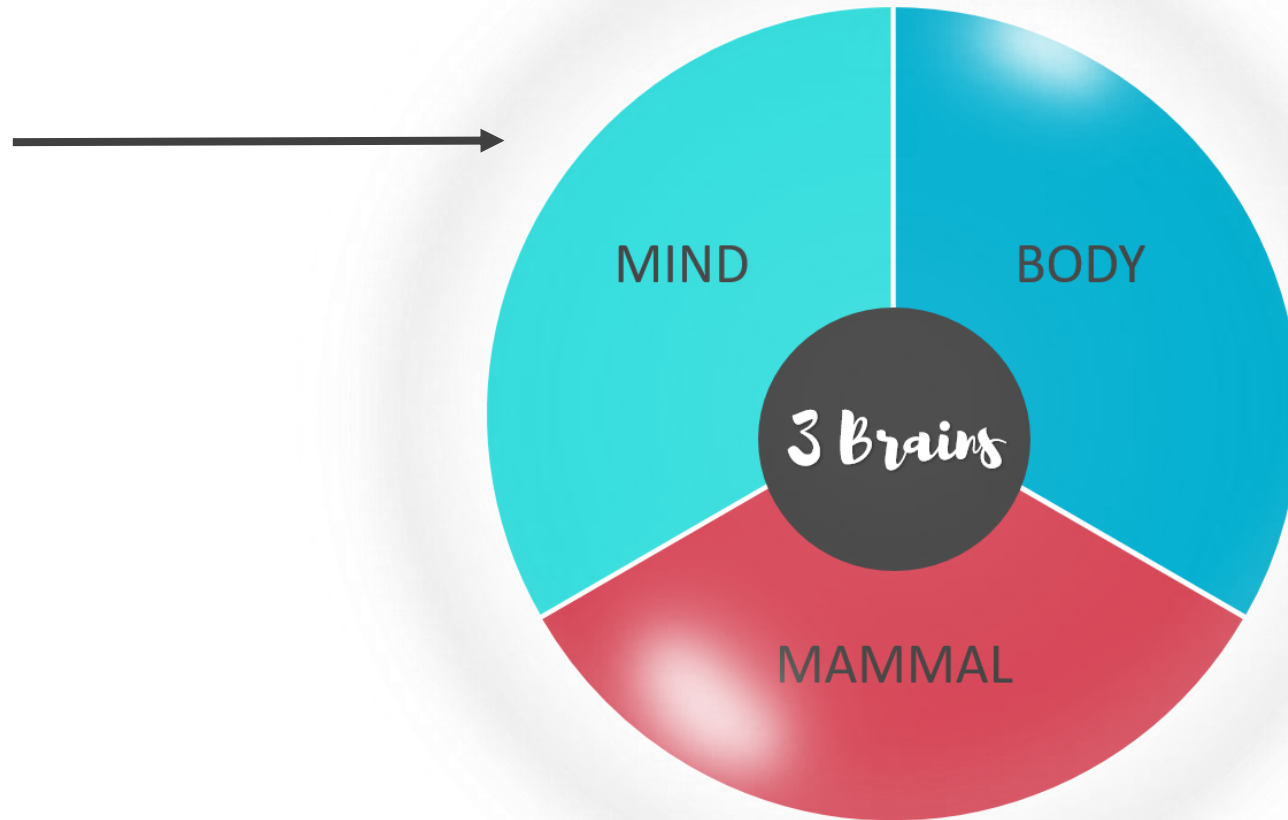


EAT. PLAY. LOVE. *Live*
YOUR BODY. YOUR LIFE. YOUR RULES

[YOUR INNER COMPASS OF PEACE]

The Next Layer Of YOUR Inner Compass...



Quick Review:

- ★ Defining your values and beliefs are the MOST powerful way to influence how you 'show up' every single day.
- ★ It's about so much more than "positive thinking" or motivation (it really is just science)
- ★ You got the ball rolling creating YOUR internal compass (bubble of love)

Your Compass:

This is where you get to say:

- ★ This is who I **CHOOSE** to be (to the best of my ability) as I go about the business of my life.
- ★ This is my **INTENTION** for who I choose to be.
- ★ This is an **ASPIRATION** for who I choose to be.

Your Compass:

- ★ **This doesn't mean that you're 'supposed to' become the embodiment of these values (of your compass) all the time, 24 hours a day. It's simply a tool (that YOU created) to help you get back on course or keep you on your chosen path.**
- ★ **YOU ARE JUDGING YOURSELF ANYWAYS!** At least now you can decide what you are (and aren't) judging yourself by (what you're 'weighing' and measuring.)

Defining Your Inner Compass Values

- ★ Now that you have your words, it's time to specifically create the definitions that go alongside those words/values.
- ★ Again it's important that YOU connect with what you mean, with the words you're using, and the definitions that you give the words.

Example:

- ★ For example, my definition of 'acceptance' is accepting myself without exception (even if I don't always like things about myself, I can choose to accept them).
- ★ It also means identifying what I can and can't control, and doing my best to accept it and reconcile it. Identifying the ways in which I am NOT being accepting of myself and learning to be kinder, fairer, and more accepting
- ★ You might say something similar or COMPLETELY different. It doesn't matter. All that matters is that YOU connect to your definition.

A note about neuro-associations:

- ★ Resonance
- ★ Connection
- ★ Emotion

If there isn't any or all of the above within your self-image values, your definitions, or any of the work we do together, ditch it! It's got to connect, resonate, and MOVE you in order to create the neuro-associations needed for BRAIN-CHANGE.

Your Self-Image Values (Your Compass)

- ★ Your values **MUST** be chosen by you in order to create their meaning (and in turn your connection to them). Your connection to them is only as powerful as the meaning and definitions that **YOU** give them.
- ★ They must elicit emotion (as in, when you think about them, imagine life with or without them, how do they make you feel?)
- ★ Values override situations and actions (they are a way of **BEing** -- not a **DOing**)

The Exploration Continues! (Step 3)

- ★ Now that you've narrowed it down to 10, define by explaining what the value means to YOU. In other words, take some time and DEFINE what the word or value means to YOU.
- ★ **As far as the definitions go, there is no 'right' or 'wrong' definition for each. What's most important is that YOU connect with each definition and that you make it yours.
- ★ If you want some help, use Etymonline.com for clarity around what the word ACTUALLY means (word origin)



Your Inner Compass

Now that you've narrowed it down to 10, define them by explaining what the value means to YOU. (For example, Dax's definition of 'love' is 'trust, acceptance, connection, care, kindness and fairness combined'. You might say something similar or COMPLETELY different. It doesn't matter. All that matters is that YOU connect to your definition)

Value	How I Define It

Again:

I invite you to **NOT**
skip this work!!

Take Action:

- ★ **Grab It:** Your Inner Compass Worksheet (Part 3)
- ★ **Explore It:** Explore YOUR definitions
- ★ **Stay Tuned:** This will keep coming together for you as we add on the next layer 😊

Coming Up:

Your Inner Compass
(Part 4)!



See You Then!