

Living Your Values

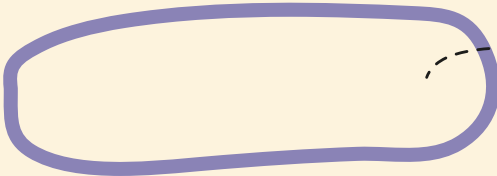


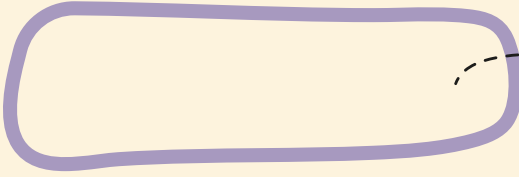








The cycle of vitality moves fluidly when we are acting and making decisions from our core values. Explore what your top values are and write down the ways you honor those values in how you give in life. If you have areas in your life that do not align to your core values, consider if there are some actions you need to take.

1. Identify Your Top Values: Learn more about values from Brene Brown and see her list [HERE](#).

2. List out ways that you honor that value in your life.

My Values

Ways I live this value

3. List out the ways/activities/giving where you do NOT honor your core values. What might you need to do with these in order to repair your cycle of vitality?

Identifying your values is an involved process and it can be very helpful to have a coach support you. If you need some support, contact Lecia for a coaching session.

[Learn more about the cycle of vitality at the NourishDeep blog!](#)

