

Worksheet #4b

My 3 values are:

1. _____
2. _____
3. _____

I value _____ today because

I value _____ today because

I value _____ today because

Add-Ons:

1. I am thankful for _____ because

(family member)

2. I look forward to _____

3. I am good at _____ and it aligns with my strength of

4. I love my strength of _____

I can use it for good today by _____

The goal is to keep our brains aware of our values and how they influence our daily decisions.

Getting in tune with our values allows us to offer stability, trust, compassion, and hope.
Remember to make this exercise a daily habit with no repeats.

This requires mental discipline and that, my friend, is worth every second you spend doing it.