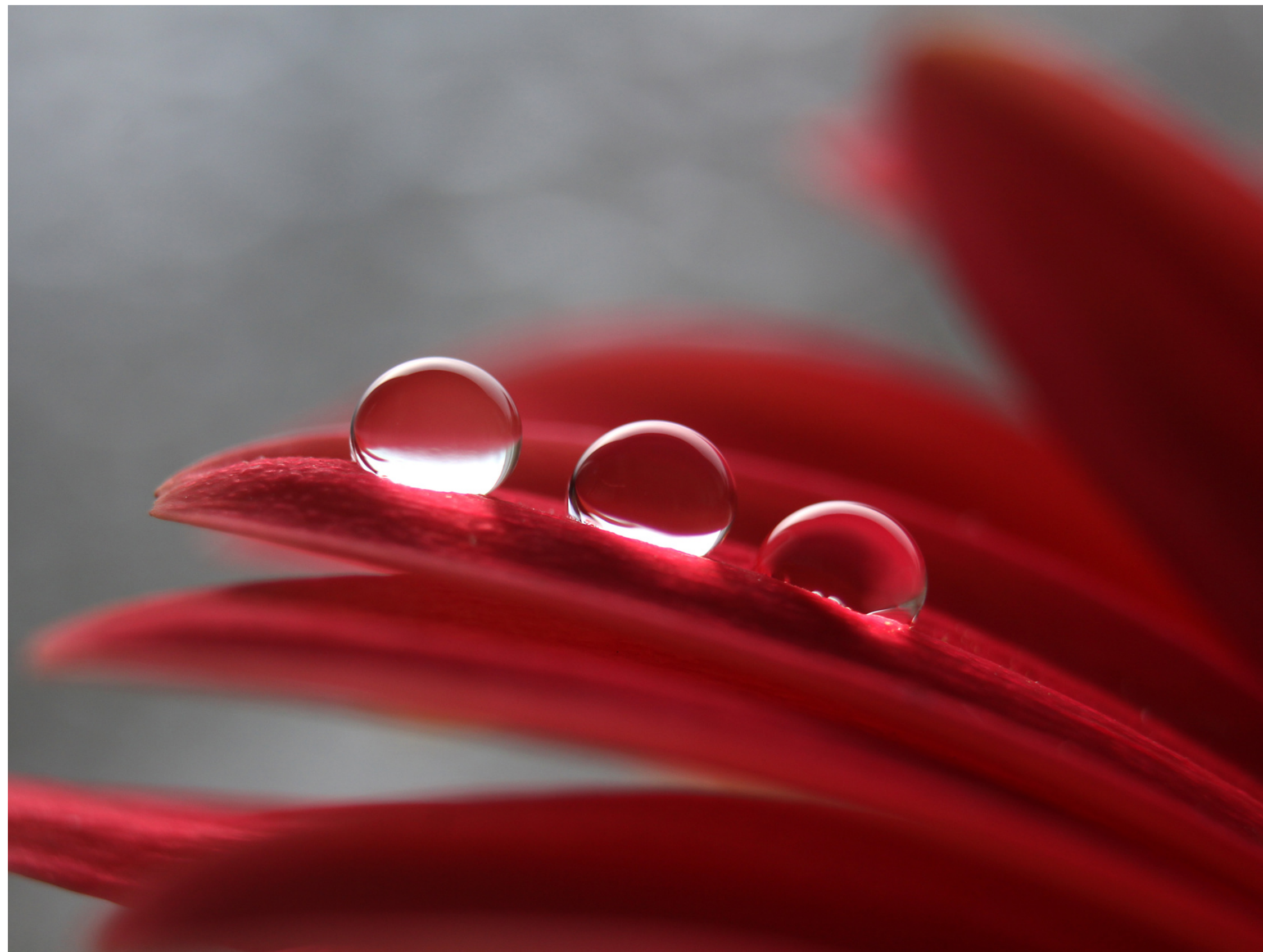


Discover Your Deepest Yes

2023 Online Retreat



Session 2: Values & Alignment



Clarify Your Values

Acceptance

Accomplishment

Abundance

Achievement

Adventure

Altruism

Autonomy

Beauty

Clarity

Commitment

Communication

Community

Connecting to others

Creativity

Curiosity

Emotional Health

Environment

Excellence

Family

Flexibility

Freedom

Friendship

Fulfillment

Fun

Holistic Living

Humor

Integrity

Intimacy

Joy

Leadership

Loyalty

Nature

Openness

Orderliness

Personal Growth

Partnership

Physical Appearance

Power

Privacy

Professionalism

Recognition

Respect

Romance

Security

Self-Care

Self-Expression

Self-Mastery

Self-Realization

Sensuality

Service

Spirituality

Trust

Truth

Vitality

Walking the Talk

Other:

Values & Alignment Activity



- Double check your top-priority values, and make sure they fit with your life and how you want to show up in the world.
- Do these values make you feel good about yourself? Are you proud of these values?
- Would you be comfortable telling your values to people you respect and admire?
- Do these values represent things you would support, even if your choice isn't popular, and it puts you in the minority?
- These are your core values.

Values & Alignment Activity



- Now put them in order, as best you can. You can put them in order by comparing two at a time and asking “If I were in a situation where I HAD to choose between value A and value B, which would I choose?”
- Type your top 3 in the chat.