

### STEP 1

THINK OF 2 MOMENTS/TIME PERIODS WHEN YOU FELT ON TOP OF THE WORLD, SUCCESSFUL AND WINNING AT LIFE

### STEP 2

NOTE AS MANY THINGS THAT CONTRIBUTED TO THIS FEELING -

I FELT LOVED, SAFE, SECURE, FULLFILLED.



A PEACEFUL PATH

### STEP 3

PICK 6 VALUES AND LIST THEM IN ORDER OF IMPORTANCE.

THESE 6 ITEMS SIGNIFY YOUR VALUES THAT ARE IMPORTANT TO YOU FOR YOUR HAPPINESS

- 1
- 2
- 3
- 4
- 5
- 6

CORE VALUES

### STEP 4

GIVE EACH ITEM A SEGMENT AND NOTE WHERE YOU THAT VALUE IS RIGHT NOW.

