

## What do you value?

‘A value is something that you believe is important or worthy or useful’.

Please think about what you value. Write down the first word that comes to you  
Do this 3 times.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is the one word from your list that feels the most important to you?

Repeat this word 3 times every day for 10 days.

You can do this with your own words and breathing:

“I breath in love, I breath out kindness”. OR “I breath in confidence, I breath out fear”.

*When you create your own personalised meditation the affects are more powerful and long lasting.*

Ask:

What is my deepest relationship value?

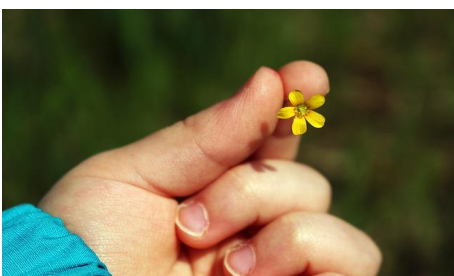
\_\_\_\_\_

What is my deepest communication value?

\_\_\_\_\_

What is my deepest innermost value?

\_\_\_\_\_



**Look at all your words.**

**These are the values you can mindfully  
use in your life.**