



# VALUES REFLECTION

## A DAILY PRACTICE

Use the prompts below...

Draw an image that represents the energy of your experience today.

*List the joys you experienced today.*

*Draw an image that represents one of those joys.*

*List:*

- *The values that were present in that moment of joy.*
- *The values that were not present in that moment of joy.*

*List the challenges you experienced today.*

*Draw an image that represents one of those challenges.*

*List:*

- *The values that were present in that moment of challenge.*
- *The values that were not present in that moment of challenge.*