

Love, Life, Value & Choices



Here's a thoughtful process for you to enjoy and be curious about...

Print the pages out separately, grab a pen and follow the directions below...

"I love..."

Make a list of everything that comes to you that you love

Be as specific as possible

The list may include people, places, things, feelings and activities – anything that comes to mind

Breathe slowly and sit quietly

Pay attention to the rise and fall of your body ... let your pen write down whatever comes

I love...

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"I value..."

Write down all the things you value – the things you feel are important – in your life, your work and the world

Be specific

Write down whatever comes to mind without judgment

Breathe slowly and sit quietly

Pay attention to the rise and fall of your body ... let your pen write down whatever comes

When you're finished lie down and relax, take 3 deep breaths in through the nose and out through the mouth and letting all thoughts drift away...

I value...

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"I spend money on..." "I spend time on..." & "I spend energy on..."

Now write down...

One after the other, then repeating all three over and over

Let your hand move on the pages without judgment, we're seeking self-knowledge

I spend...

Money on	Time on	Energy on

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Lay all the lists out in front of you, and re-read what you've written

1. How much of your time, energy and money is spent on the things you love?
2. How much is spent on the things you value?
3. How much is spent on things you neither love nor value?
4. Could you make another choice?
5. Do you want to or do you value things you were not aware of?
6. Or are these choices based on someone else's values?
7. Are there any choices based on fear?

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With compassion, see the choices you're making and the consequences of these choices.

Did you have fun with the process?

Write down anything else you discovered about yourself during this activity



Our lives become what we think about most.
- Megan Dalla-Camina