

The values I actually live



Bring a day of my own

Choose a day with two worthwhile demands or possibilities.

What was happening? What choices were available?

Include time, resources, agreements, and who else was involved.

What did I choose, and why at the time?

Use my reason, not an explanation someone else assigned to me.

What made the choice meaningful, difficult, or both?

Try one small expression

Choose a value from this chapter, not a complete new routine.

What do I want to honor, and why?

One action I can try, and when

Describe something observable and within my control.

What will it cost? What agreement or boundary is needed?

Include another worthwhile thing I want to keep in view.

Return with evidence

Date: _____

What did I try, and what actually happened?

What did I learn about what matters to me?

Include what felt satisfying, what was difficult, and any new context.

A candidate for my ten, or a question to keep exploring

Continue with your ten candidates on page 35.
