

CORE VALUES

MY INSPIRATION BOARD

List out a few things that inspire you and elaborate by answering the questions in the left column to deepen personal growth and facilitate the manifestation of one's goals and desires. Complete the core values reflection activities from the How-To Guide.

Guide questions	People (who)	things (what)	experiences (when)	places (where)
What values do you think ARE reflected in YOUR choices?	Write your answer here.			
When you listened to your body, what habit or value did it seem to point towards?	Write your answer here.			
What's one change you can make based on your body's feedback?	Write your answer here.			
What's one small thing I can apply to my own life?	Write your answer here.			

From this activity, pick one piece of inspiration that you're excited about and reflect on the following:

Why I'm inspired	Write your answer here.
What I can learn from this	Write your answer here.
What I want to try next	Write your answer here.

EASY-PEASY GUIDE TO DISCOVERING WHAT REALLY MATTERS TO YOU (AND MAKING GOOD HABITS STICK)

Core values are the fundamental beliefs or principles that guide an individual's behaviors and decision-making process. They represent what is important in life. The importance of core values include:

- Guidance in Life Choices: Making decisions aligned with one's core values leads to greater fulfillment and authenticity.
- Source of Motivation: Core values drive motivation and purpose, helping individuals set and achieve goals.
- Improvement of Well-being: Studies suggest that living in accordance with one's core values is linked to improved mental health and well-being.

Discovering What Really Matters to You

- Step into Another World with VR: Imagine putting on a virtual reality headset and stepping into different stories where you have to make choices. These aren't just any stories, though—they're special ones designed to help you figure out what's super important to you. It's like being in a video game, but what you learn about yourself is real!
- Listening to Your Body's Whispers: This is about wearing a cool gadget that checks out how your body reacts when you think or talk about different things. It's like your body helping you understand what makes you happy or stressed, pointing out what truly matters to you without you even saying a word.
- Connecting with Nature: How about challenges that encourage you to grow personally while also taking care of our planet? Think of it as hitting two birds with one stone: you're building great habits like being more mindful or active, and you're doing it by connecting with nature—like meditating outdoors or going for a walk in the park.
- Biofeedback-Enhanced Value Identification: To use biofeedback to discover core values that resonate with you on a physiological level. Implement these habits for a month. Track your progress and feelings in a journal. Reflect on how these actions are aligning with your core values.

Fun Exercises to Try

- VR Adventure to Find Your Values: With a VR headset, dive into different adventures where you make choices. Afterward, think about why you made those choices and what it tells you about what's really important to you.
- A Heart-to-Heart with AI: Spend some time talking to an AI (think of it as a super-smart chat program) that asks you really good questions about life. It's a chance to explore your thoughts and feelings and see what values the AI thinks you hold dear. While hooked up to a biofeedback device, discuss or think about various values and life experiences. Notice which topics generate the most significant physiological signals of alignment, such as increased heart rate variability, indicating a strong connection.
- Listening to What Your Body Says: By wearing a device that measures how excited or calm you are, talk about or think about different things in your life. Notice when you feel most at ease or most energized—it's your body's way of pointing out what truly resonates with you.