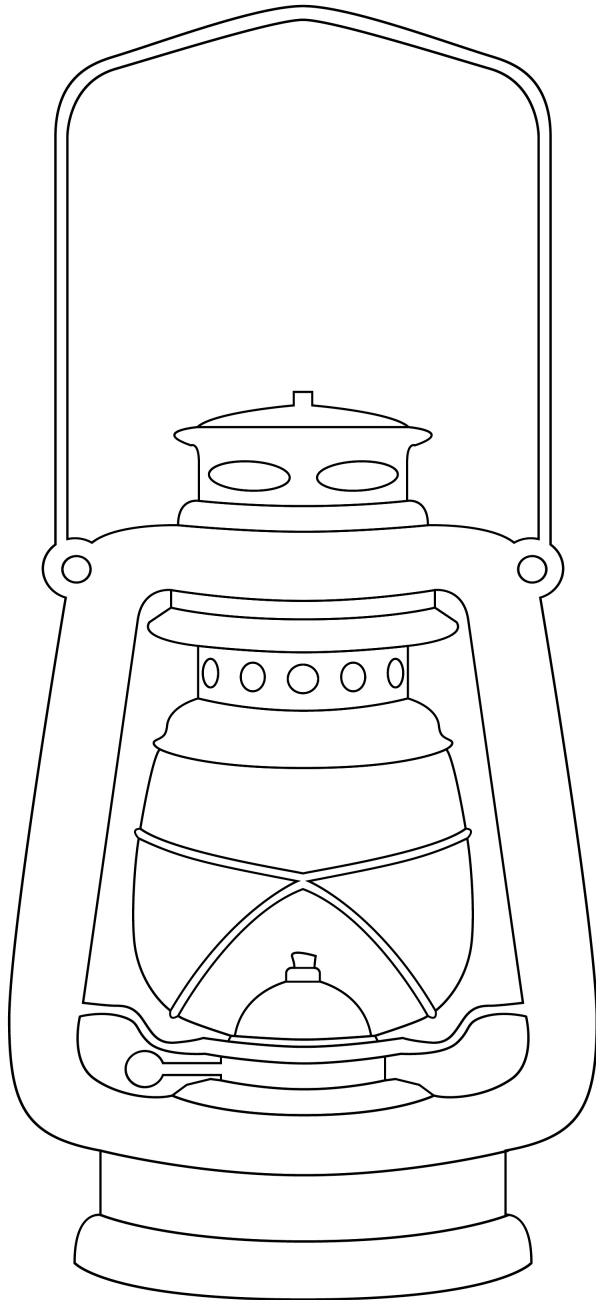


Values Light the Way

"There are no guarantees in the arena. We will struggle. We will even fail. There will be darkness. But if we are clear about the values that guide us in our efforts to show up and be seen, we will always be able to find the light. We will know what it means to live brave."

-BB



1. THE FLAME: What are the 1-2 values that really light the way for me? Draw a flame and put these values in the flame. *The values that help me find my way in the dark are:*

2. PROTECTING THE FLAME: All lanterns have devices that protect the flame. What are the specific behaviors that support and protect your values? Who are the people you want to put around you who support and protect your values? *The behaviors and people that support my values are:*

3. THE HANDLE: Sometimes when we're in struggle or feeling overwhelmed we set down the lantern and walk away from it. We feel like we're already carrying so much. But without the light of the lantern (our clarity of values) it can get very dark very quickly. Use the handle to identify the behaviors that can serve as a red flag that you've walked away from your light and your values

I know I'm in trouble when

or

I know I've lost my way when

or

I know I'm out of alignment with my values when

4. RADIATING LIGHT: When was a time you embodied your most importance values?

List of Values

<p>Accountability Achievement Adaptability Adventure Altruism Ambition Authenticity Balance Beauty Being the best Belonging Career Caring Collaboration Commitment Community Compassion Competence Confidence Connection Contentment Contribution Cooperation Courage Creativity Dignity Diversity Environment Efficiency Equality Ethics Excellence Fairness Faith Family Financial stability Forgiveness Freedom Friendship Fun Future generations</p>	<p>Generosity Giving back Grace Gratitude Growth Harmony Health Home Honesty Hope Humility Humor Inclusion Independence Integrity Initiative Intuition Job security Joy Justice Kindness Knowledge Leadership Learning Legacy Leisure Love Loyalty Making a difference Openness Optimism Order Nature Parenting Patriotism Patience Peace Perseverance Personal fulfillment Power Pride</p>	<p>Recognition Reliability Respect Resourcefulness Responsibility Risk-taking Safety Security Self-discipline Self-expression Self-respect Serenity Service Simplicity Spirituality Sportsmanship Stewardship Success Time Teamwork Thrift Tradition Travel Trust Truth Understanding Uniqueness Usefulness Vision Vulnerability Wealth Well-being Wholeheartedness Wisdom</p> <p>Write your own:</p> <p>_____</p> <p>_____</p> <p>_____</p>
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