

MY VALUES DETERMINE MY CHOICES AND SHAPE MY DESTINY.

Values are the most important resource that I possess. It is fortunate that they are within my control. ***They get me through hard times, make me aware of my blessings, and inform my decisions.*** They create order in my world.

It is important to take care of my values. They need nourishment and exercise just like my body and mind.

I observe my thoughts and catch myself quickly when I veer off track. I show compassion for another driver instead of getting irritated with them for cutting me off.

I evaluate my actions and consider their impact, assessing the consequences of what I do today. I decide to call my parents instead of watching TV because it makes them happy and strengthens our relationship.

I celebrate my accomplishments, whether large or small. *To reinforce my good habits, I give myself praise and rewards.* I buy myself a pineapple when I complete a tough workout or treat my family to dinner and a movie when I get a raise at work.

I develop the willingness to change my ways. I adjust my values or do a better job of living up to my beliefs. I seek feedback from others and follow through on my resolutions.

Today I reflect on my values and how they guide me. I know that my future is as bright as the values I cultivate.

SELF-REFLECTION QUESTIONS:

1. What are my 3 primary values?
2. How would I describe my ideal destiny?
3. What values do I need to reach the destiny that I want for myself?