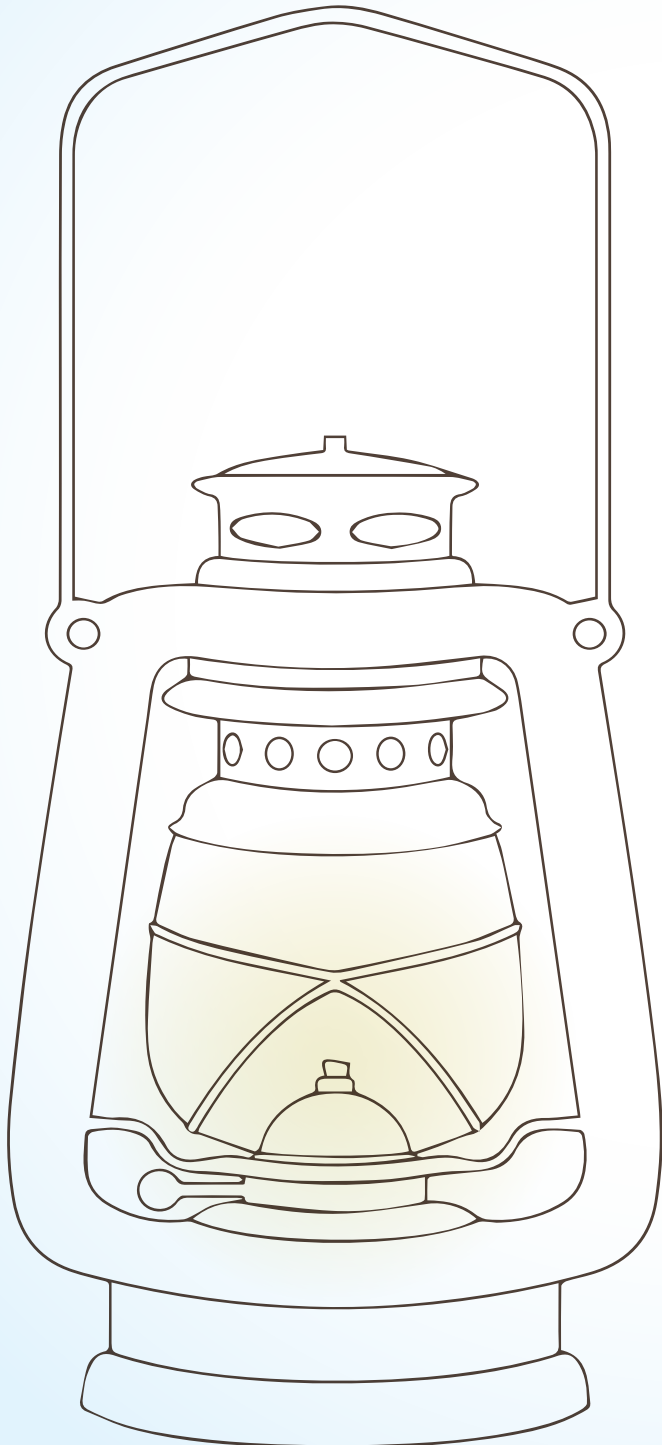


EXERCISE:

How 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.”



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 important values?