

Prioritize THIS, Not THAT: How To Use Your Core Values To Guide You

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Who is Elena Sonnino?

- Certified life coach
- Author of *Inhabit Your Joy* and the *Thrive Journal*
- Yoga Teacher
- Wife. Mom.
- Obsessed with leopard print, dragon boating, singing out loud, gardening, AND helping YOU be the ONE you've been waiting for.



I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well.”

--Diane Ackerman



What is a core value?

"Values are the principles that give our lives meaning and allow us to persevere through adversity."

Barb Markway and Celia Ampel in
The Self-Confidence Workbook






Elena Sonnino

It's the intentional
tending to my core
values that helps me
stay rooted – true to
myself – and not doing
things that someone
else says I should do.

Elena Sorrisio




Elena Sonnino

"Happiness is actually quite superficial,
whereas peace is deeper.

Peace is immune to the polarities of life:
the highs and lows, the hots and colds, the
so-called goods and so-called bads."

--Eckhart Tolle



Let's unearth
your core values



What characteristics or values
helped you during the “pride”
moments in your life?



What characteristics or values
were present in the moments
where you felt completely
yourself?



What characteristics or values
were present in the moments
where you felt NOT yourself?



What characteristics or values were lacking in the moments or experiences that have angered, frustrated, or saddened you?



What values do your personal
heroes embody or exhibit?



What lesson have you been
invited to keep learning?



Think back...



Why is that moment important?

What was it about that moment that
stands out?

What values are reflected in that moment?



What do you notice?



Find the themes

Find your own definition

Narrow your list



Now What?

Attune & Embody



Be Rooted
Be Curious
Be Alive



"Happiness does not come from a job.
It comes from knowing what you truly
value, and behaving in a way that's
consistent with those beliefs."

-- Mike Rowe



Want to go even deeper?

<https://www.elenasonnino.com/>



**INHABIT
YOUR
Joy**
A BOOK OF NUDGES

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