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

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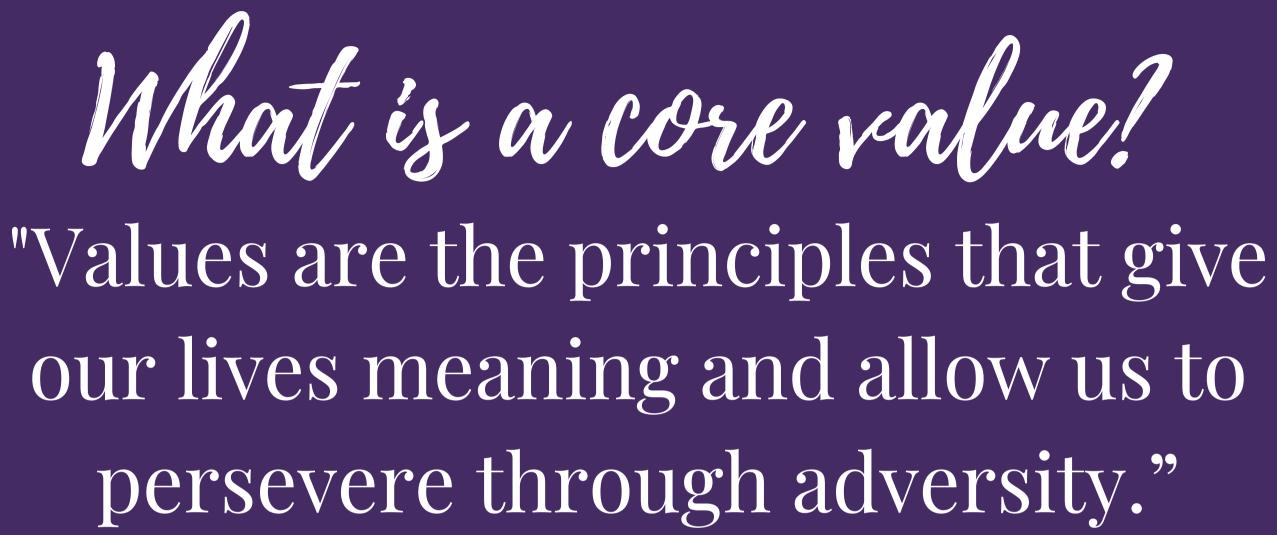
- Thrive Journal
- Certified life coach • Author of Inhabit Your Joy and the
- Yoga Teacher
- Wife. Mom.
- Obsessed with leopard print, dragon boating, singing out loud, gardening, AND helping YOU be the ONE you've been waiting for.

Who is Elena Sonnino?



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



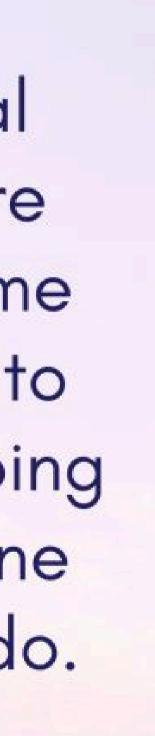


Barb Markway and Celia Ampel in The Self-Confidence Workbook Fena Sonnino



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 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





Attune & Embody



Be Rooted Be Curious Bealive

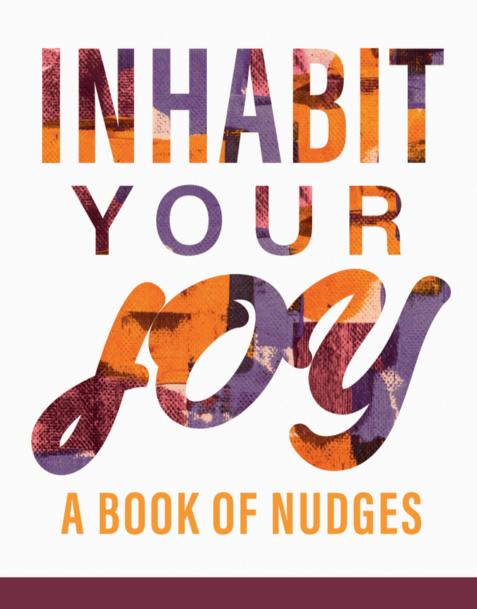


"Happiness does not come from a job. It comes from knowing what you truly value, and behaving in a way that's consistent with those beliefs." -- Mike Rowe



Want to go even deeper? https://www.elenasonnino.com/





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