



# Daily Reinforcement: Raising Awareness

## Time: 10 minutes

To get better at living your values, you must first become more aware of when and how they show up in your daily life. This reinforcement helps you identify examples throughout your day where your values shaped your behavior.

### Step 1

Find a quiet place that's conducive to reflective work and a setting that enables you to write and record your thoughts.

### Step 2

Start a values journal.

- Don't roll your eyes at me. How do I know you're rolling your eyes? Because I'd be the one rolling my eyes if someone asked me to do this. I'm an action-oriented person, so journaling isn't necessarily one of my favorite activities. Just know that everything I ask you to do has a purpose.
  - Think of it this way. What's the first thing a person is asked to do when they work with a dietitian? Record a daily food intake. Why? One, it promotes awareness, and two, it holds the person accountable. You can't just say, "I did a great job with what I ate yesterday." Your food intake diary might say otherwise.
  - The activity of journaling will increase your awareness, and help you get better at utilizing your core values. It'll help you see the many aspects of your life where your core values show up. Remember, core values are like muscles; they perform best when worked and strengthened regularly.

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- This doesn't have to take long. Each day, record how your values impacted your decisions and actions. You decide when it makes the most sense for you. Throughout the day, you can simply jot down an example or experience where your values were evident. Or you can take a few minutes at the end of your day to reflect and identify some examples of how your values shaped your actions.

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