



Daily Reinforcement: Shining a Light

Time: 10 minutes

To become more consistent in living your values, you have to understand when and why you act in conflict with them. This daily reinforcement helps you shine a light on what causes you to behave in ways that aren't aligned with your values so you can identify a better way forward.

Step 1

Think about times when you've acted in ways that don't reflect your values. Record in your journal what happened, and how you felt.

For example, perhaps you value kindness, and you find yourself behaving in line with this value quite often. However, there are some people or situations where you act out, you're mean to the other person, and you criticize instead of being kind. What do you say to yourself? How do you justify your actions even when they don't align with your values?

Step 2

Focus on one of the times you acted in a way that was contrary to your values.

What feelings or emotions were present? What needs were you working to fulfill? For example, perhaps you value loyalty, and you find yourself flirting with other people even though you're happily married. You're trying to satisfy the need to feel attractive and sexy. How could you satisfy those needs in other ways and still align with your values?

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