

Crave More Life Coaching

Values that rock my world Exercise

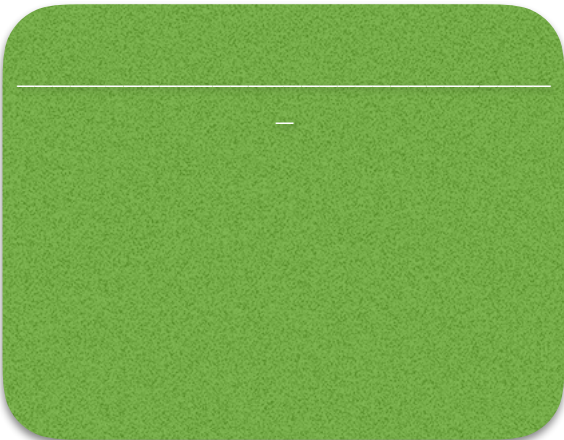
Think about what you value most in this world. The things that when they are present in your life, you are content. I know you're gonna have more, but for now just pick your top 6 things. Then describe what that value means to you.



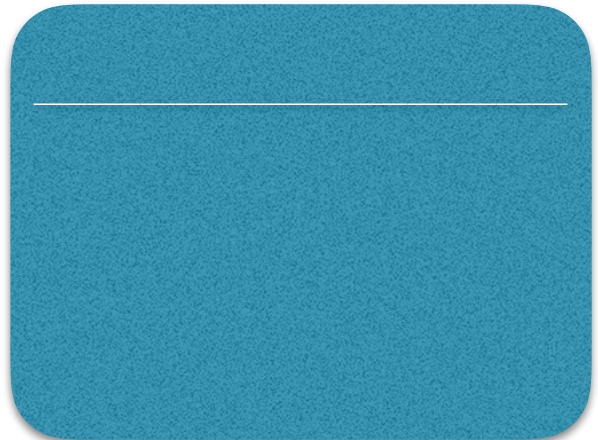
A red sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.



An orange sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.



A green sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.



A blue sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.



A yellow sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.



A purple sticky note with rounded corners, a horizontal line near the top, and a small dash in the center.