



Use this page to inspire Part 1 of your Daily Reminder Sheet. Choose what is true, meaningful and alive for you right now.

V **VALUES**
The principles that guide how you live.

Authenticity Be real and true to yourself.	Love Lead with an open heart.
Compassion Care for yourself and others.	Wisdom Seek truth, not just knowledge.
Courage Do what is right, not what is easy.	Service Contribute to something greater than yourself.
Integrity Align your actions with your values.	Simplicity Focus on what is essential.
Growth Keep learning, evolving, expanding.	Creativity Express, create, and bring beauty.
Freedom Create space to choose your path.	Connection Build deep, honest relationships.
Respect Honor yourself, others and life.	Gratitude Appreciate the gift of this life.

Which values matter most to you right now?

I **INSIGHTS**
Timeless wisdom to expand perspective.

Friedrich Nietzsche	“He who has a why to live can bear almost any how.”
Lao Tzu	“When I let go of what I am, I become what I might be.”
Socrates	“The unexamined life is not worth living.”
Confucius	“Choose a job you love, and you will never have to work a day in your life.”
Carl Jung	“I am not what happened to me, I am what I choose to become.”
Rollo May	“The opposite of courage in our society is not cowardice, it is conformity.”
Irvin D. Yalom	“We are ultimately responsible for our lives and the choices we make.”
J. Krishnamurti	“It is no measure of health to be well adjusted to a profoundly sick society.”

Which insights speak to you most right now?

P **PURPOSE**
Your deeper why and reason for being.

Mission What unique contribution are you here to make?	REFLECTION SPACE What is my mission? _____ What is my purpose? _____ What gives my life meaning? _____ What big questions am I here to explore? _____ Who/what are my reasons for being? _____
Purpose What lights you up and gives you energy?	
Meaning What gives your life depth and significance?	
Questions to Live By What big questions are you here to explore?	
Reasons for Being Who do you do this for? What legacy matters?	

What is calling you most right now?

S **STRENGTHS**
Your natural gifts and inner resources.

Resilience You bounce back and keep going.	Courage You act despite fear or uncertainty.
Empathy You understand and care deeply.	Integrity You are honest and true to yourself.
Creativity You see possibilities others may miss.	Curiosity You ask questions and seek understanding.
Wisdom You learn, reflect and make sense of life.	Adaptability You adjust and flow with change.
Discipline You follow through and stay committed.	Kindness You lead with a generous heart.

What are your greatest strengths and gifts?

When you live from your Values, are inspired by higher Insights, embrace your Purpose, and use your Strengths, you live in alignment. This is the path to a meaningful and integrated life.