



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

WHAT IS VIPS?

VIPS helps you live
in alignment with
what matters.

V = Values

I = Insights

P = Purpose

S = Strengths

V

VALUES

The principles that guide how you live.



Authenticity
Be real and true to yourself.



Compassion
Care for yourself and others.



Courage
Do what is right, not
what is easy.



Integrity
Align your actions
with your values.



Growth
Keep learning,
evolving, expanding.



Freedom
Create space to choose
your path.



Respect
Honor yourself,
others and life.



Love
Lead with an open heart.



Wisdom
Seek truth, not just
knowledge.



Service
Contribute to something
greater than yourself.



Simplicity
Focus on what is
essential.



Creativity
Express, create,
and bring beauty.



Connection
Build deep, honest
relationships.



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."

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?



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?

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?

What is calling you most right now?

S

STRENGTHS

Your natural gifts and inner resources.



Resilience
You bounce back and
keep going.



Empathy
You understand and
care deeply.



Creativity
You see possibilities
others may miss.



Wisdom
You learn, reflect and
make sense of life.



Discipline
You follow through
and stay committed.



Courage
You act despite fear
or uncertainty.



Integrity
You are honest and
true to yourself.



Curiosity
You ask questions and
seek understanding.



Adaptability
You adjust and flow
with change.



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.

