

SARA JACKSON

Cultivate A Life You Love

FINDING YOUR DEEP-ROOTED VALUES



HOW TO FIND YOUR DEEP-ROOTED VALUES

Print out the next 5 pages.

*Continue to cut each page in half until
each value is on its own sheet.*

*Review the values and create cards
for any you feel may be missing.*

*Reflect and journal on the six questions.
Write what comes to mind and do not filter your thoughts.*

*Revisit your journal and highlight
reoccurring values within your answers.*

Identify 3-4 values as your deep-rooted values.

*Do this exercise alone as a morning or evening meditation
or with a small group of trusted friends or family.
Allow this exercise to open up and honest dialogue.*

Approximate time needed for this exercise: 30-45 minutes

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Bravery

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Compassion

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