

# STORIES & HEART

## DEFINE YOUR VALUES

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Choose an acronym, like your name, and write it vertically in the space below.

Visit [www.storiesandheart.com](http://www.storiesandheart.com) for an alphabetical list of inspirational and aspirational words, or determine your own.

Choose words that represent your desired values and share the first letter of those in your acronym.

Fill in the areas beside the letters of your acronym with the words you chose.

From those, circle one word on each line; then put it into action and start consciously living your values.

Example:

N	<u>Nice, Nurturing</u>
A	<u>Ambitious, Adventuresome</u>
M	<u>Motivated, Mindful</u>
E	<u>Excellence, Energetic, Empowered</u>
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SHARON PRICE JOHN  
CEO OF BUILD-A-BEAR WORKSHOP

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## DEFINE YOUR VALUES *(continued)*

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Add your values to the roots of your Goal Tree in Chapter 1.

