



Satsang Month 4: Defining Your Values

Journaling Prompts . . .

In my life, I most want to feel:

List everything that comes to you. Then narrow down to 3-5.

In my life, I most value:

List everything that comes to you. Then narrow down to 3-5.

What would it be like to structure my life according to my values & core desired feelings?

What would my days and weeks look like?

Where/How would I spend my time?

What boundaries do my values / core desired feelings naturally create or require?

What paths do they then create or open up?

How would I spend my money according to my values & core desired feelings?

How much does it cost me to live according to them?