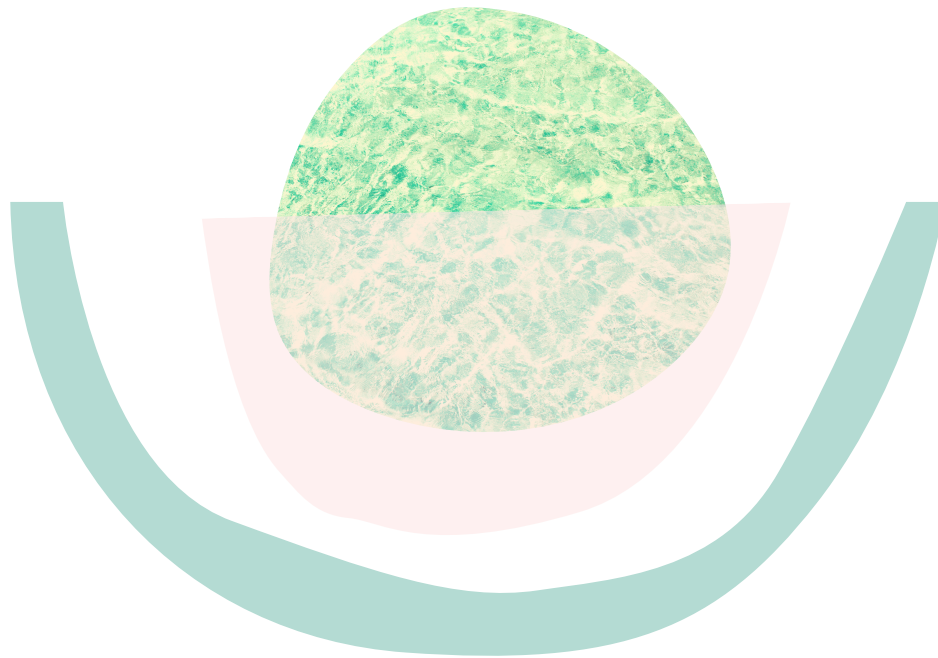


APPLY YOUR WHY

Let your values be your guide



INSIDE THIS WORKSHEET:

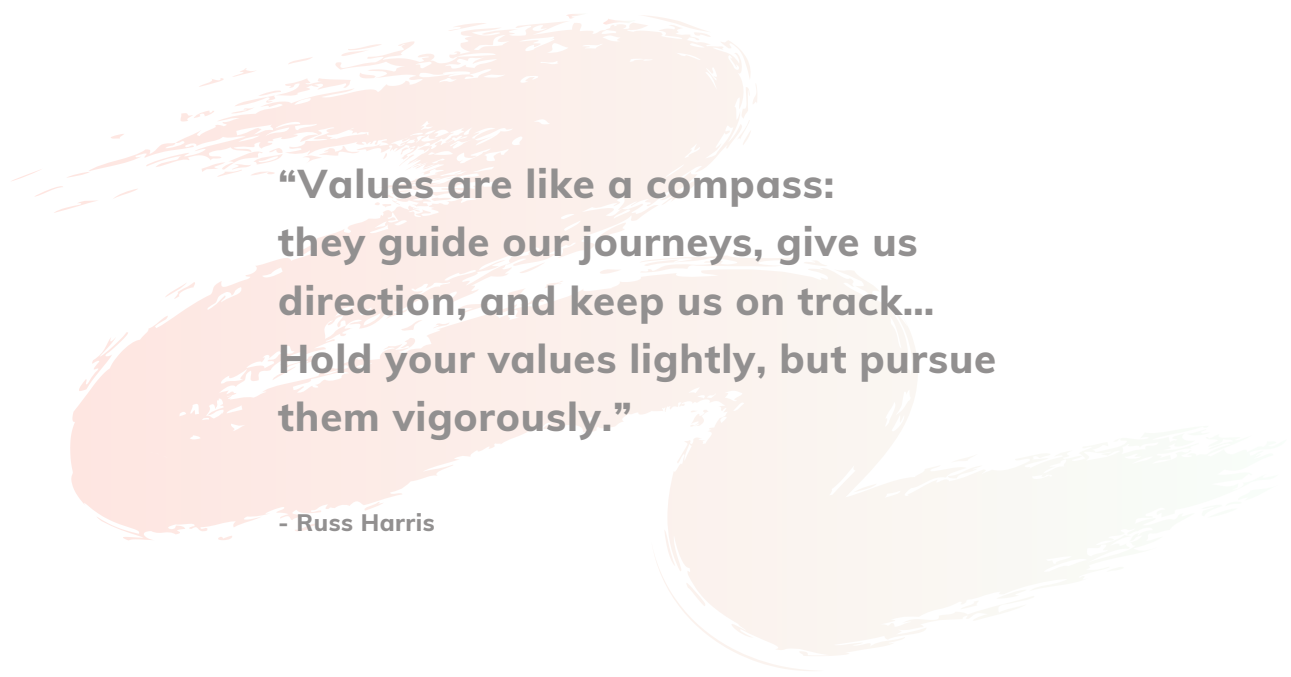
Prioritize
(6 minutes)

TUNE IN

Are you losing momentum in your practice?

This tool will help you focus while remaining open to new ideas.

Before beginning this exercise be sure to complete the Values in 15 minutes worksheet from my resource library at www.habitrefresh.com/resources



**“Values are like a compass:
they guide our journeys, give us
direction, and keep us on track...
Hold your values lightly, but pursue
them vigorously.”**

- Russ Harris

What you need: a timer + a pen

Set your timer for 6 minutes and start!

Which value would you like to prioritize this week? (1 minute)

Brainstorm ways you can you incorporate this value into your creative practice in a way that nourishes you.

Keep it loose and have some fun with this! (2 minutes)

Which one of your supportive ideas excites you the most? (1 minute)

I commit to using the above idea in the next 3 days to help align my values with my creative practice in a way that nourishes me and fills my heart with joy.

Signature + Date

I'm so proud of you!

Sign up for my newsletter to access everything in my resource library plus bonuses. You'll find ALL the worksheets at: www.habitrefresh.com/resources

Share pictures/video of your freshened up creative habit with #habitrefresh, don't forget to tag my instagram @habitrefresh so we can celebrate your dedication.

Pat yourself on the back for showing up and doing the work to align your values with your practice.

Sending love,

Tina

