

# Invitation to Practice

## PURPOSE

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- 🌐 Open the **healthyminds hm** program **PURPOSE/ PART 2 Embodying Values**
- 🌐 Choose a **SERIES** to practice: 1,2 or 3
- 🌐 Choose **TYPE** of Practice: Sitting or Active
- 🌐 Choose **MINUTES** of Practice: 5-10 minutes
- 🌐 Reflect on the practice using suggested **Journal PROMPTS**

### SERIES 1: What Do You Value?

*Noticing how your values guide your life is vital for your well-being.*

#### Practice: Clarifying Your Values

Clarify your values and stay connected to your deeper aspirations.

#### Journal PROMPT

*What will be your one specific daily routine that you pause and affirm your values before doing the routine? How will this change your perspective or relationship with this daily routine?*

#### Practice: Values in Your Life

Reflect on how your core values guide your actions and help reach your aspirations.

*What values show up in your life everyday? When do they show up? With whom do they show up?*

#### Practice: Role Models

People who inspire you can tell you a lot about your own values.

*Pick a day to focus on just one important value. Find a specific value to focus on that brings out the best in you. Affirm your intention to make this one day about that value. Find ways to support your intention. Journal experience at the end of the day.*

### SERIES 2: The Expression of Values

*Intentionally embodying your values in daily life can contribute to your own and others' well-being.*

#### Practice: Our Most Important Relationships

The way we relate to our own thoughts and emotions ripples out and influences how we relate to others.

#### Journal PROMPT

*How do you infuse your communication with values that really matter to you? When interacting with others, how do your values guide what you say, do or write?*

#### Practice: Deepening Relationships

When we are clear about our values, they can add depth and meaning to our relationships.

*In the next few days, what is your plan to express your core values to other people in small, simple ways.*

#### Practice: Leave Your Mark

Embodying your values makes them visible to others, and that has a real effect on the world.

*Who will you be interacting with this week that can serve as opportunities to bring your values to life?*

### SERIES 3: Values and Perspectives

*Things can look quite different when you see things through the lens of your values.*

#### Practice: Transforming Daily Routines

Viewing everyday activities through the lens of your deepest values can sift your perspective.

#### Journal PROMPT

*Respond to "OUR VALUES GIVE US STRENGTH & THE COURAGE TO PERSEVERE". Write down a challenge you may be facing and think how you can reframe this situation using the lens of your values.*

#### Practice: Values in Difficult Times

Applying our values in the moment can help us stay grounded and resilient.

*Describe a difficult situation that you handled well staying true to an important value or principle.*

#### Practice: Transform your Mind with Values

Staying true to our values can lead to a deep sense of fulfillment, especially when we apply them in peak moments.

*Set a clear intention to build up your "mental" immune system and nourish your most deeply held values. What value brings up the best in you? What activity can you do to connect deeper with this value? When will you take time to nourish your value? Where will you be? What exactly will you do?*

