

#1 CORE VALUE: PEACE

DEFINING STATEMENT: Freedom from all disturbance and distraction in a way that allows me to deeply experience tranquility, relaxation, harmony, and contentment amidst all conditions.

VALUES

Spirituality, Relaxation, Freedom, Satisfaction, Tranquility, Harmony, Calm, Confidence, Consistency, Contentment, Independence, Security.

VALUABLES

Ease, Meditation, Silence, Stability, Solitude, Predictability.

PEACE BELIEFS

I believe I can live a beautiful, easy, joyous, relaxed, happy life.

I believe there is more than enough time to accomplish all that I want to do.

I believe I can stop conflict in its tracks by making the choice for peace.

I believe I can allow and trust my days to go with the flow, regardless of my personal plans, priorities, and preferences.

#2 CORE VALUE: LOVE

DEFINING STATEMENT: The experience of embracing myself and all people, things, and conditions in my world with unconditional understanding, acceptance, compassion, gratitude, and celebration.

LOVE VALUES

Understanding, Compassion, Appreciation, Praise, Celebration.

LOVE VALUABLES

Mutual respect and admiration, Family, Friends, Everyone, Everything.

LOVE BELIEFS

I believe that everything is happening for me, not to me.

I believe in being mindful of talking less, listening more attentively, making inquiries, and monitoring self-absorption.

I believe I do not need the approval of others. I am in alignment with my authentic nature.

I believe I don't have to listen to the ongoing narrative of condemnatory judgement in my head.