

Accountability		Generosity		Perseverance			
Achievement		Giving back		Personal Fulfilment			
Altruism		Grace		Power			
Adventure		God		Personal development			
Ambition		Gratitude		Pride			
Authentic		Growth		Recognition			
Balance		Harmony		Reliability			
Beauty		Health		Respect			
Being the best		Home		Resourcefulness			
Belonging		Honesty		Responsibility			
Career focused		Hope		Risk taking			
Caring		Humility		Security			
Collaboration		Humour		Self Discipline			
common sense		Inclusion		Self expression			
Community		Independence		Self respect			
Compassion		Integrity		Serenity			
Competence		Intuition		Service			
Connection		Job security		Simplicity			
Contentment		Joy		Spirituality			
Contribution		Justice		Sportsmanship			
Cooperation		Kindness		Success			
Courage		Knowledge		Time			
Creativity		Leadership		Teamwork			
Dignity		Learning		Tradition			
Environment		Legacy		Travel			
Efficiency		Leisure		Trust			
Equality		Love		Understanding			
Ethics		Loyalty		Uniqueness			
Excellence		Making a difference		Usefulness			
Fairness		Making money		Vision			
Faith		Motivation		Wealth			
Family		Openness		Well-being			
Financial Stability		Optimism		Wholeheartedness			
Forgiveness		Order		Wisdom			
Freedom		Nature					
Friendship		Parenting		OTHERS:			
Fun		Peace					
Future generations		Patriotism					

Find a quiet place on your own, don't do this with your partner, friends or kids, it's best you don't influence each other. Spend some time connecting to your intuition, or whatever you call your inner wisdom. There is a meditation audio on the post if you would like to try it.

Then you can either write down 20 words/values that you feel resonate with you the most. Or pick ones from the list above. Take your time, pay attention to what feelings you get in your body or what may trigger you. Try and spend some time connecting to your intuition or gut feeling. Try the meditation recording, even if it feels alien, have a go, you might be surprised.

Once you have your 20 words. Look at them for a little longer then write down anything you have learnt about yourself here or in your own notebook, then please share anything you don't mind sharing on today's post with #Clarity #Day1 so we can all celebrate each other's insights, learning and experiences:

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