

Today I want you to think about your newfound awareness and celebrate that you have turned on your inner GPS, your inner compass so to speak!

List your core values here and then fill in the below with 1 new goal on each area that helps meet your core values, and 1 action that you can take. If you can put the date you will take the action, even better. (or when it will be complete)

Value 1. _____ Value 2. _____ Value 3. _____
 Value 4. _____ Value 5. _____

Work / Business	Love & Relationships	Health, Body & Mind	Fun & Experiences
<p>Most of us need work to make money to create the life we want.</p> <p>Our sense of purpose can be also be found in work, as well as experiencing fulfillment, achievement and often where we mistakenly form our all of our identity.</p> <p>We are much more than our jobs, but it's where most of us can spend all our time.</p>	<p>Ester Peral says, "The quality of our life is dictated by the quality of our relationships."</p> <p>We are hardwired for love & connection. Even if we are single, we need a tribe that we feel connected to.</p> <p>That can be family, friends, colleagues, but without healthy relationships, our wellbeing suffers.</p>	<p>We could have all the money in the world, but without good health, we might as well be bankrupt.</p> <p>Working on keeping well in our mind and physical health is obviously very important, yet many still fill their body's with poor food, don't move and fill their brain with unhelpful information.</p>	<p>Like all mammals we thrive in playfulness and enjoying experiences with other. Shared experiences make us feel safe, connected, loved and tops up our happy hormones.</p> <p>Some people prefer to be alone, but will still enjoy fun activities such as painting, mediation etc.</p>
1 new goal / 1 action, date?	1 new goal / 1 action, date?	1 new goal / 1 action, date?	1 new goal / 1 action, date?

Now comment on today's post and below, saying which goal you are most excited about, what your action you are taking and when. Don't forget to add #Clarity #Day4

Out of the 4 goals above, I'm most excited about _____
 Because _____