

Our actions and choices in life are driven by the desire to experience specific feelings. Whether it's going to work for a sense of success, security, or connection, our feelings play a significant role in motivating and fulfilling us. These feelings, which hold importance to us, are referred to as values. Each individual's values are unique and influence their decisions in different areas of life. For example, someone may value freedom and work hard to enjoy vacations and pursue hobbies, while another person may prioritize security and focus on building financial stability. The definition we assign to these values also matters. Understanding how we define and experience these emotions enables us to seek and cultivate them in various ways each day. By identifying our valued feelings and defining them, we gain clarity on our targets and develop strategies to experience them more frequently.

Life Values	What It Represents
Family	Deep connection, loyalty, shared growth
Health	Physical vitality, emotional balance, and energy
Faith	Connection to something greater, meaning, and purpose
Marriage	Partnership, trust, and shared life journey
Growth	Learning, evolving, and self-improvement
Service	Giving back, helping others, and making a difference
Financial Security	Stability, freedom, and abundance

Our actions and choices in life are driven by the desire to experience specific feelings. Whether it's going to work for a sense of success, security, or connection, our feelings play a significant role in motivating and fulfilling us. These feelings, which hold importance to us, are referred to as values. Each individual's values are unique and influence their decisions in different areas of life. For example, someone may value freedom and work hard to enjoy vacations and pursue hobbies, while another person may prioritize security and focus on building financial stability. The definition we assign to these values also matters. Understanding how we define and experience these emotions enables us to seek and cultivate them in various ways each day. By identifying our valued feelings and defining them, we gain clarity on our targets and develop strategies to experience them more frequently.

Prioritize Your Values	Positive End Feeling
Family	Love & Belonging – feeling supported, accepted, and unconditionally cared for
Marriage	Intimacy & Connection – feeling seen, valued, and emotionally fulfilled
Faith	Inner Peace & Hope – feeling guided, grounded, and connected to divine purpose
Health	Vitality & Peace – feeling alive, strong, and at ease within your body
Financial Security	Freedom & Peace of Mind – feeling secure, independent, and in control of your future
Growth	Fulfillment & Confidence – feeling proud, capable, and continuously progressing
Service	Purpose & Gratitude – feeling useful, generous, and grateful for impact