



# Living Your Values with Courage

From Knowing to Doing:  
Embracing Your Principles Under Pressure

## The "Knowing-Doing Gap"

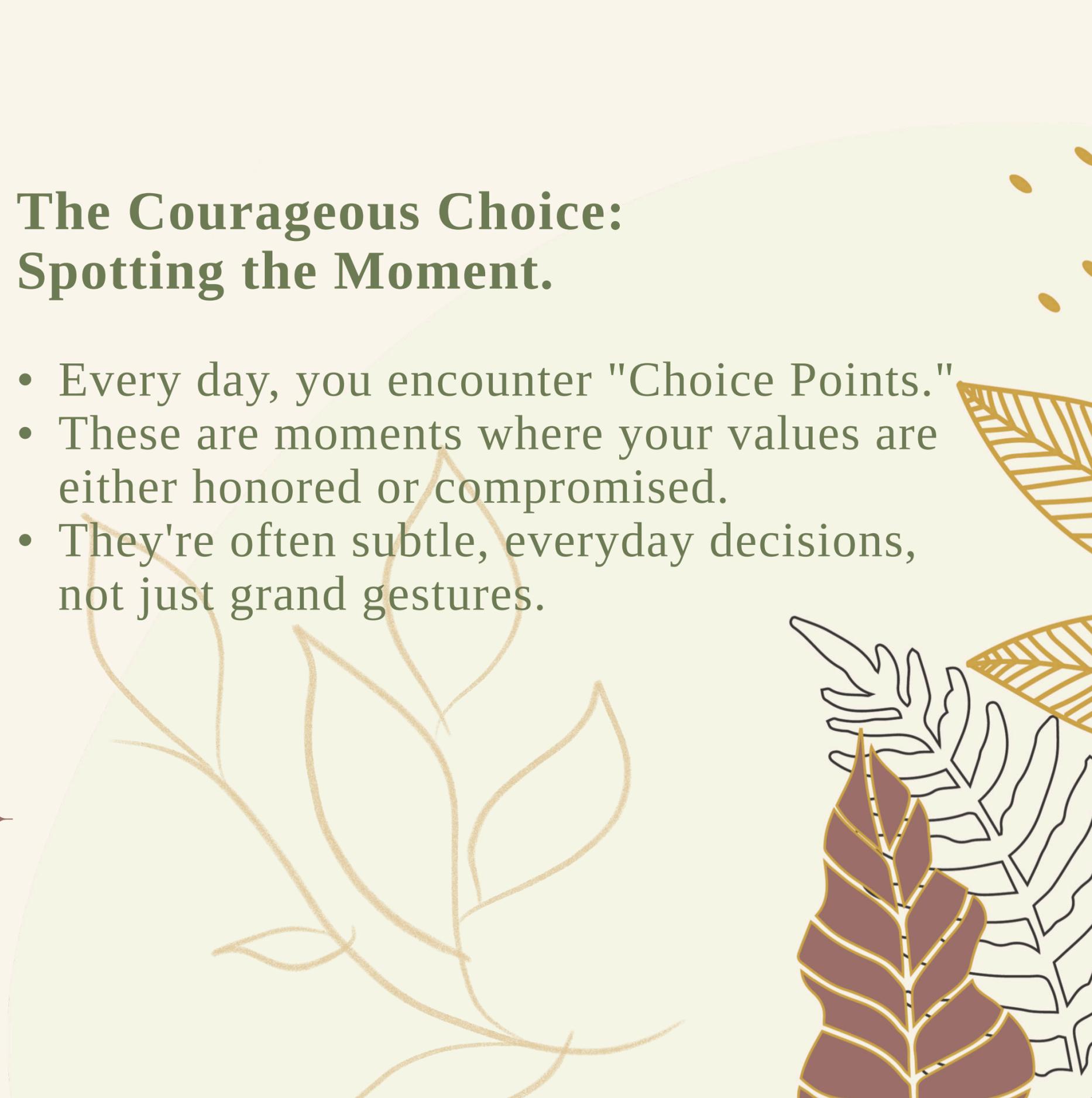
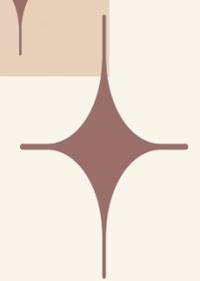
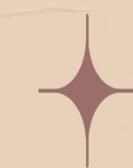
- You know what you should do...
- But how often do you actually do it when it's hard?
- Courage isn't the absence of fear; it's acting in spite of it.





## The Courageous Choice: Spotting the Moment.

- Every day, you encounter "Choice Points."
- These are moments where your values are either honored or compromised.
- They're often subtle, everyday decisions, not just grand gestures.





## Activity: Scenario Spotlight

- In pairs/small groups, discuss the scenario.
- What values are at play?
- What's the easiest (but less values-aligned) choice?
- What's the courageous (values-aligned) choice?
- What fear or discomfort might come with the courageous choice?

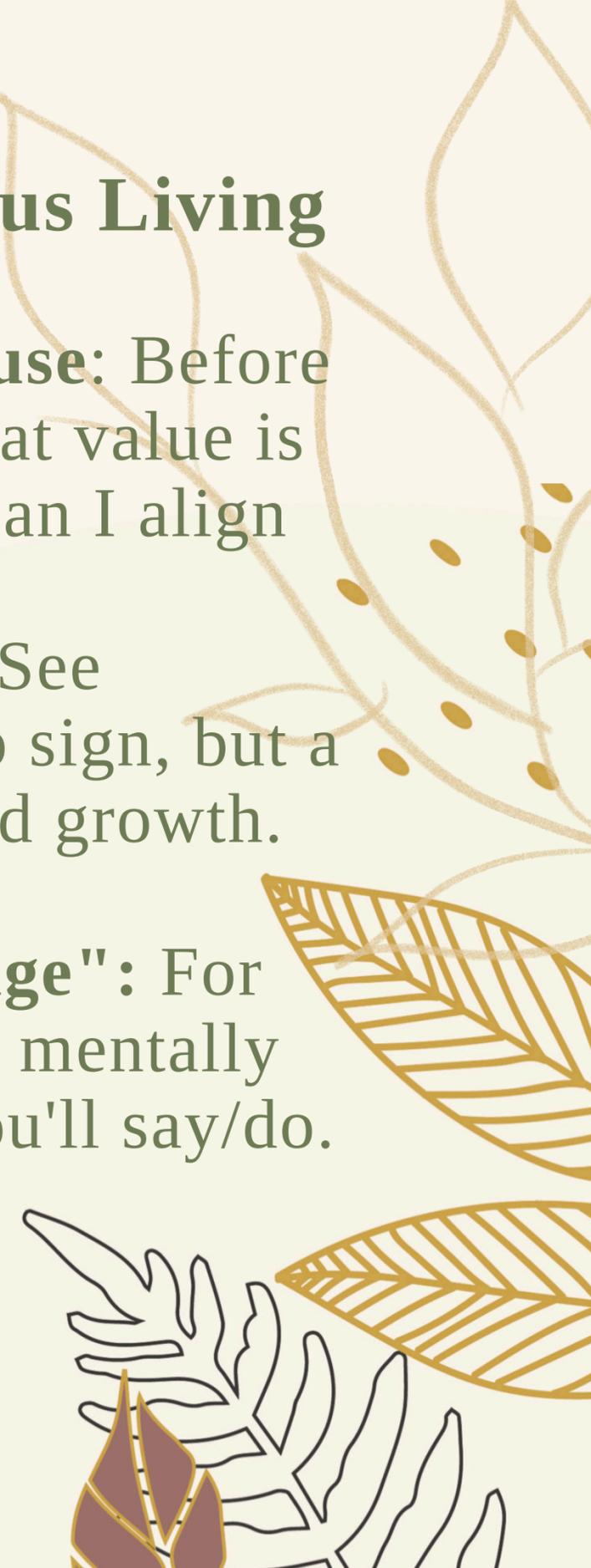
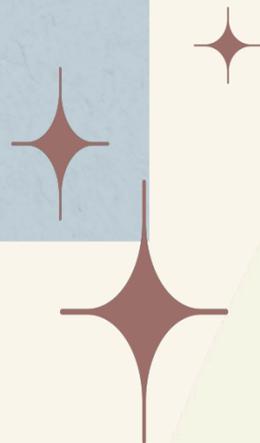
**Scenario Spotlight: Scenario 1**  
"You witness a colleague taking credit for someone else's hard work in a team meeting. Your core value is Integrity/Fairness."





## Your Toolkit for Courageous Living

1. The "**Values Compass**" Pause: Before reacting, **PAUSE**. Ask: "What value is most important here? How can I align my next action with it?"
2. "**Discomfort as a Signal**": See discomfort/fear not as a stop sign, but a compass pointing you toward growth. Lean into it.
3. "**Pre-scripting Your Courage**": For anticipated tough situations, mentally or verbally rehearse what you'll say/do.





## The Power of Imperfection: Self-Compassion

- You won't always get it right. And that's okay.
  - Treat yourself with the same kindness and understanding you'd offer a friend.
  - Resilience isn't about never falling; it's about getting back up.
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## Living Your Values: A Daily Commitment

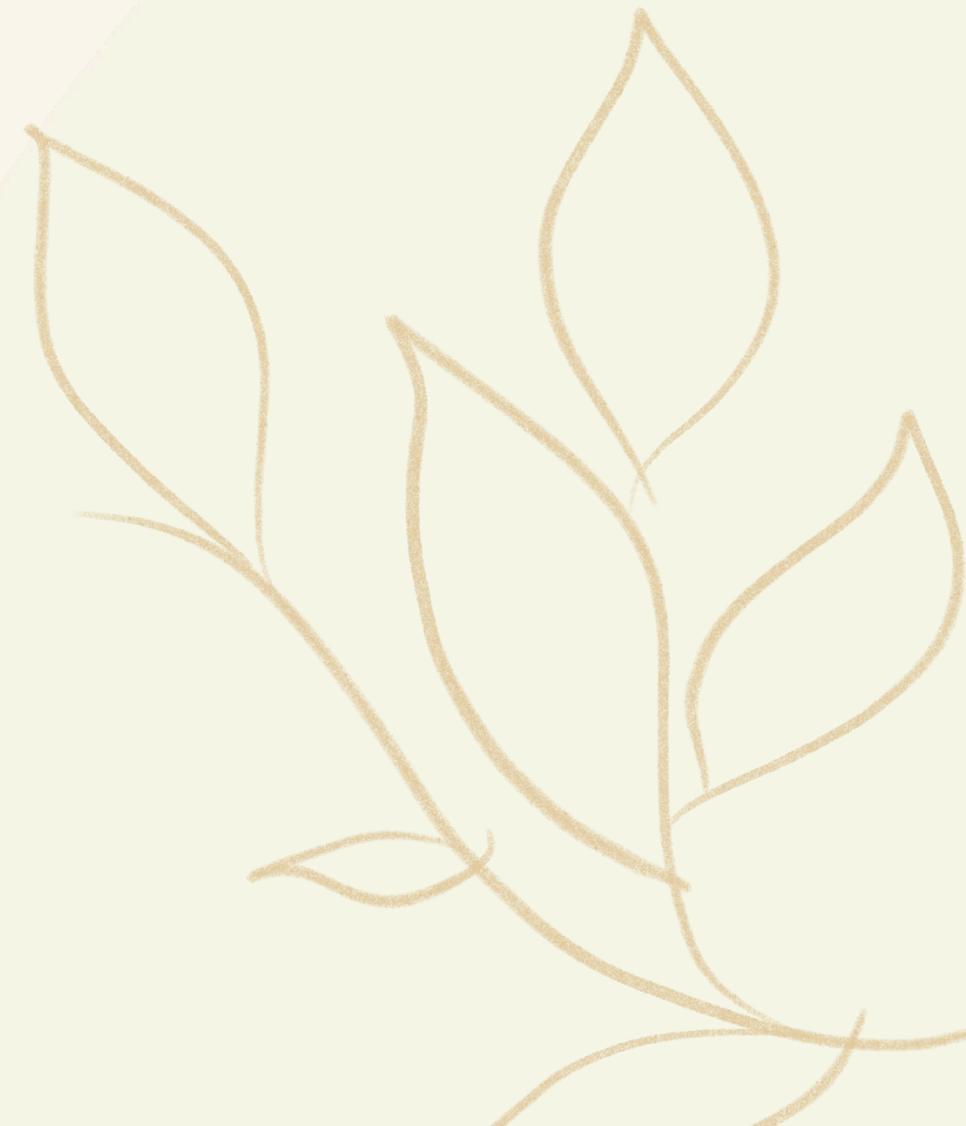
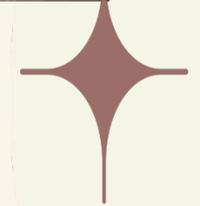
- Your One Next Step: Identify one small, specific action you will take in the next 24-48 hours that reflects a core value.
- Remember: Living your values isn't about being perfect; it's about being authentic.





# Guided Meditation: Courageous Choices

Connect with their inner strength



**Thank You!**

