

The background features a light cream color with large, soft, abstract shapes in pale yellow and light orange. Scattered throughout are small, golden-brown dots. Botanical illustrations include a large green monstera leaf with yellow outlines and holes on the left, a cluster of brown ferns on the right, and several golden-brown leaves and branches in the upper corners. Three small, dark brown starburst shapes are positioned above the main title.

Living Your Values with Courage

From Knowing to Doing:
Embracing Your Principles Under Pressure

The "Knowing-Doing Gap"

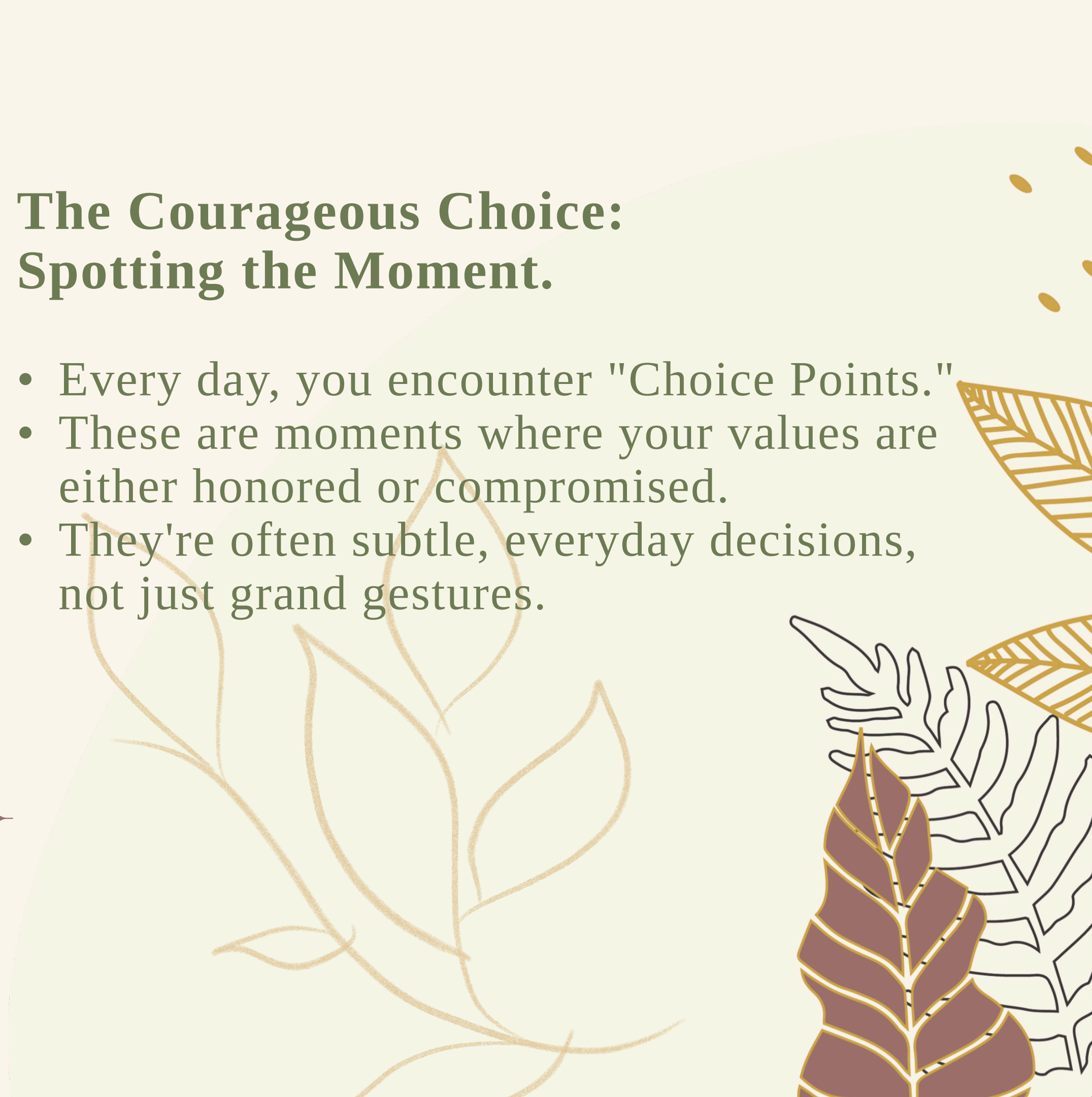
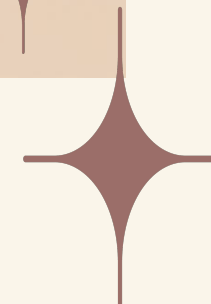
- You know what you should do...
- But how often do you actually do it when it's hard?
- Courage isn't the absence of fear; it's acting in spite of it.





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.



The background features a light cream color with large, soft-focus circular shapes in shades of peach and pink. Scattered throughout are small, golden-brown dots. Botanical illustrations include green fern fronds on the left, a large brown monstera leaf with yellow veins on the top right, and a green fern frond on the bottom right. In the bottom left, there are more brown monstera leaves and a yellow fern frond. Three four-pointed starburst shapes in a dark brown color are located in the bottom right area.

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?

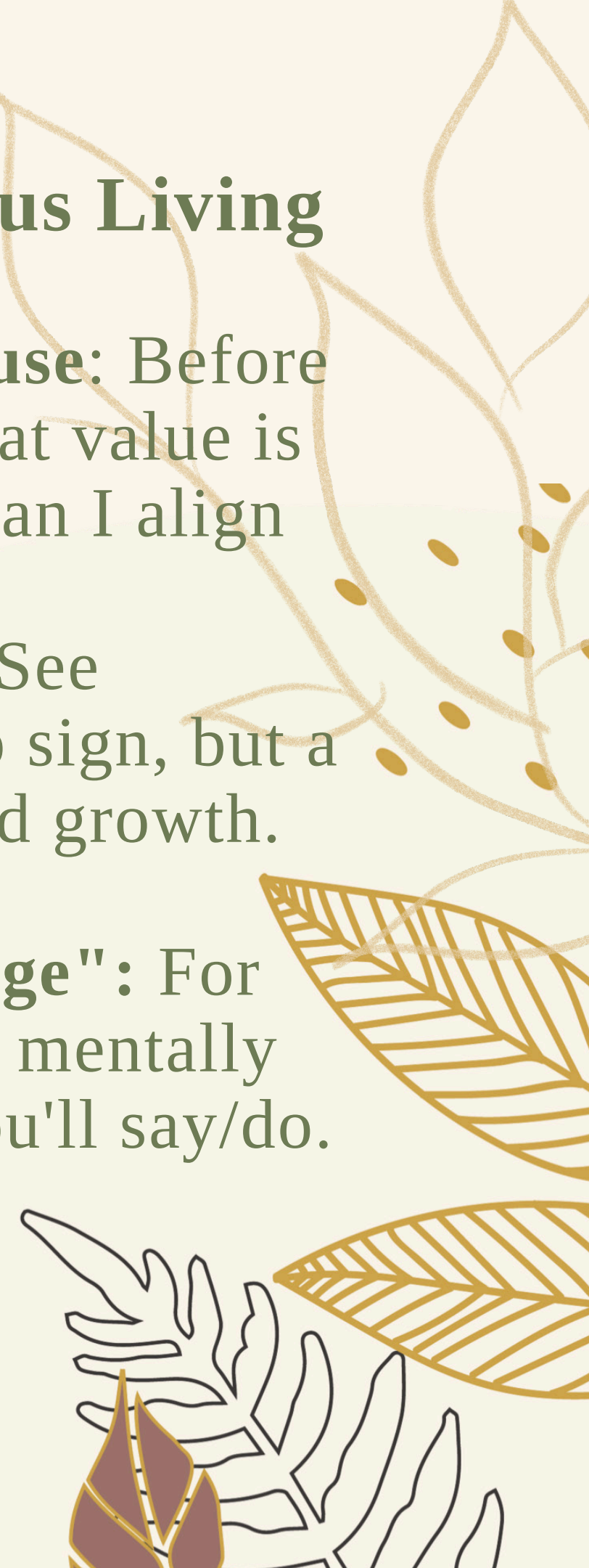
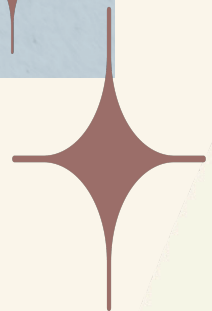
Scenario Spotlight: Scenario 1
"You witness a colleague taking credit for someone else's hard work in a team meeting. Your core value is Integrity/Fairness."





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 background features a soft, pastel color palette of light pinks and peaches. It is adorned with various botanical illustrations: green fern fronds in the top left and bottom right, and stylized leaves in shades of brown and gold in the top right and bottom left. Scattered throughout are small, golden-brown oval shapes and three four-pointed starburst motifs in a muted purple color.

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.

Living Your Values: A Daily Commitment

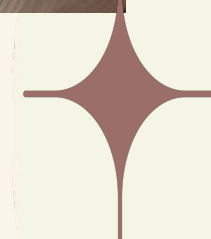
- Your One Next Step: Identify one small, specific action you will take in the next 24-48 hours that reflects a core value.
- Remember: Living your values isn't about being perfect; it's about being authentic.





Guided Meditation: Courageous Choices

Connect with their inner strength





Thank You!