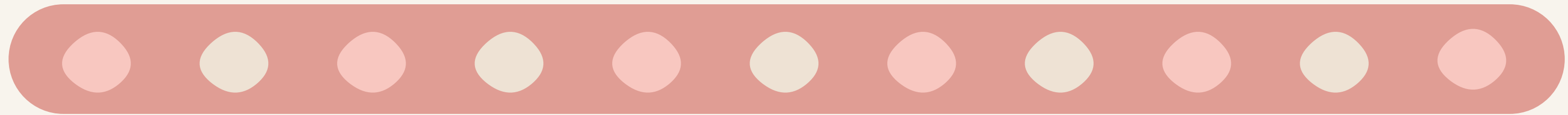




# **FUELING THE JOURNEY:**

Values as a Self-Care  
Compass

# WHAT GROUNDS YOU?



In the last month, when did you feel most like your best self – calm, grounded, or fulfilled?

What were you doing, and what value do you think was showing up in that moment?



# **DIFFERENT VALUES SHOW UP FOR DIFFERENT PEOPLE**

Honoring our values can  
help us stay resilient,  
especially when the work  
gets hard.



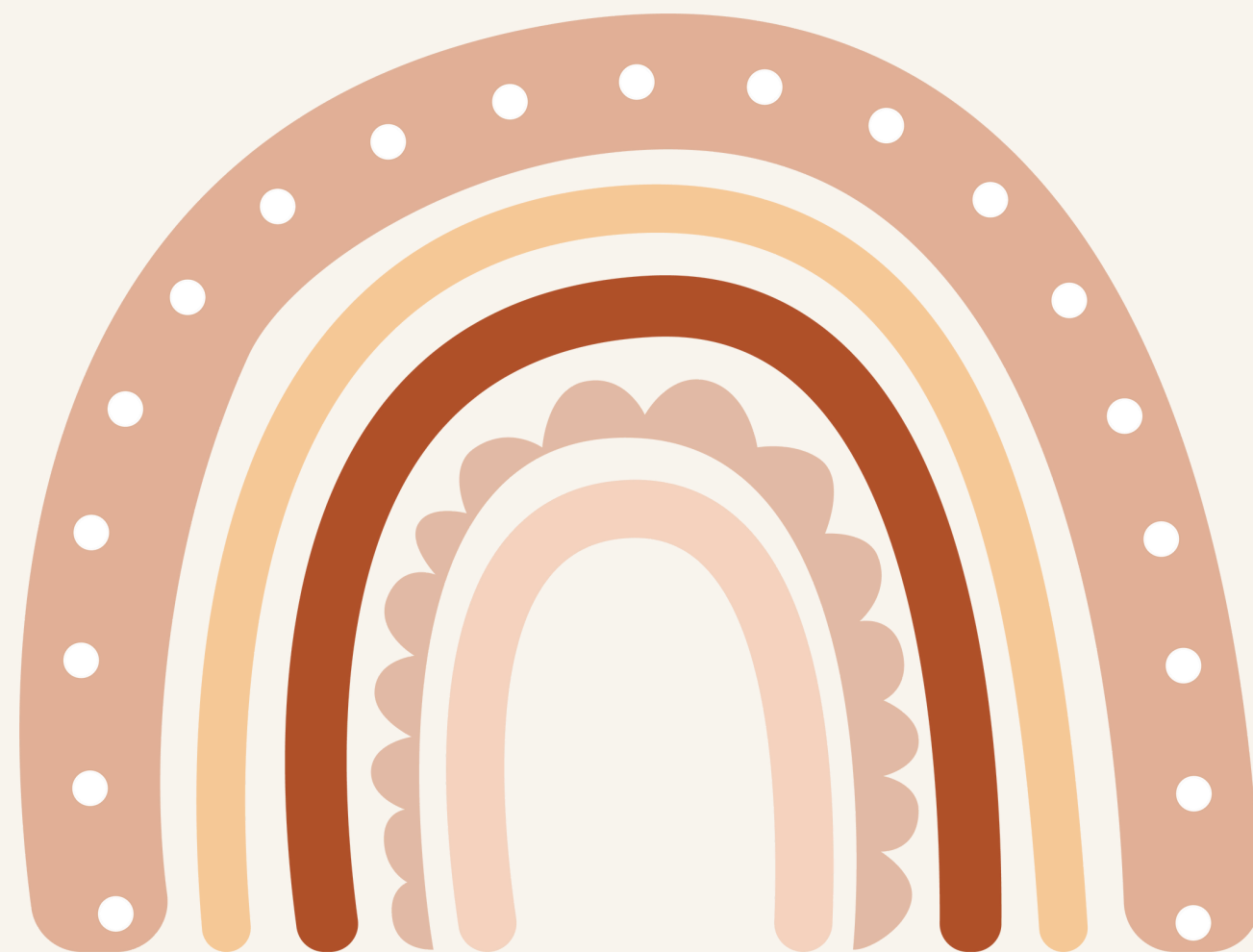
# VALUES CONFLICT

You value compassion, but you're also feeling burned out. A colleague asks you to take a case for them.

What values are at play?

How would you respond?

How can self-care help you stay aligned with your values?



**PODCAST DiSCUSSiON**

# VALUE-BASED iNTENTiON SETTiNG

Looking at your top value,  
what is one small action you  
can take this week that  
honors that value?

