

Finding Purpose in Daily Life

Linked to Case Study 4: The Parent Balancing Roles

Sten 1 - Values check-in

List 3 values that matter most to you right now:
1.
2.
3.
Step 2 – Alignment
Where in your daily life do you already live these values?
Where do you feel the biggest gap?

Step 3 - Action for Coherence

Choose one value and write down:

- A small action to bring more of this value into your work.
- A small action to bring more of this value into your personal life.

