

# My chosen *qualities*

If you have been completing this journaling series in order, then you've hopefully practiced some mindful reflection on your inner experiences. But you might be wondering, *what is this all for?*

While the ability to enter a contemplative space can be valuable in itself, we offer it as a skill that is in service of something greater: a life lived in accordance with your values.

In other words, all of this reflection and insight serves to support your deepest aspirations for meaning, purpose, and vitality.

How do we begin to identify what that looks like for us? This is where the language of **values** become helpful. Values can be described as our **chosen qualities** or **ways of being**— they capture how we want to show up in the world.

Values are not emotions (how I want to feel) or goals (what I want to accomplish); they endure. They capture the essence of what we want to create. For example, valuing peace means more than wanting to feel peaceful; it also means desiring to create peace wherever you go. Valuing compassion means more than wanting to receive compassion; it also means desiring to offer compassion wherever you go.

Values are like a compass; they point us in the direction of our destination. They are helpful in orienting us in life, even if life is full of twists and turns. To start experiencing their orienting power, we must identify them first.



## Today's journaling prompt:

Write about a time in the past month when you did something that felt **worthwhile**. Perhaps not the most impressive thing, or the happiest thing, or the easiest thing. Something that resonated deeply.

As you reflect on this moment, which values appear to be important to you? Identify 2-3 of your favorites. For help, check out [this list](#) by Brené Brown.

Thank you for journaling with us! Look out for more prompts on our website: [startbrio.org/journal-with-us](http://startbrio.org/journal-with-us)

