

Your HEART

— lies —

where your treasure is



I treasure



“Self-realization is the sweetest thing. It shows us how we are fully responsible for ourselves, and that is where we find our freedom.”

Byron Katie

How am I going to live my values out?

- How am I going to treat myself?:

- How am I going to treat others?:

- What activities am I going to choose to support my values?:

- Who do I need to be (what thoughts do I choose to believe) to represent my values?: