Welcome back to Week 2 of Your life, Your way DNA-V -

Today we will explore and understand some of our VALUES – the things in life that matter to us

• The choices we make can take us closer to or further away from our values
• Values help motivate you to create change
Recap
Recap and Reflection session 1
• DNAV stands for all the skills we need as humans to thrive – NOTICING your experience, the ADVISOR inner voice that is sometimes helpful sometimes unhelpful, DISCOVERING what you can do through changing your behaviour and trying new things, to take you closer to what you care about most – your VALUES. We can use all of our DNA to get more of what we VALUE.
• Reflections on last week
• Key message from last session: We get to make choices, but choosing can be hard.
• Spend some time this week NOTICING what happens when you make choices (e.g. how often it happens, is it difficult or easy, what does your ADVISOR say to you when you have to choose, practice pausing and choosing thoughtfully)?

• Finish off thinking about the goals you would like to achieve through completing this course and make a note of them in your book.
Values

Even in hard times, there's a possibility to have fun.

Creativity

Human Rights

Be true to yourself.
We can choose to notice & value the small moments as well as the big ones.
Can your values help motivate you?
Seeking knowledge

Letting it be

Imagining

Forgiving

Belonging

Daring to dream

Staying with uncertainty

Asking for help

Feeling secure
My Values

Staying with uncertainty

Seeking knowledge

Belonging

Daring to dream

Feeling secure

Asking for help

Imagining

Letting it be

Forgiving
Home practice

DO the goals you have created today over the next week.
TRACK how it went.
How Did It Go? (dnav.international)
See You

Next Week