

JANUARY 2023

LIVING ACCORDING TO OUR LIFE VALUES

JOIN OUR FREE GUIDED MEDITATIONS

10.30am & 7pm Monday-Friday (UK TIME)

Find the link on our homepage.



Mindfulness
Association

SUNDAY

1

For 2023 set an intention to live in accordance with your LIFE VALUES. What would that look like?

2

Why is it important to you to live in accordance with your LIFE VALUES? How would that feel?

3

Spend a moment reflecting on your values: What sort of a person do you want to be?

4

Clarifying your values: How would you like to be in your relationships?

5

Exploring your values: Is there a relationship you want to cultivate?

6

Practising your values: Take an action to build a valued relationship, reach out and connect.

7

Spend a moment reflecting on your values: What sort of personal strengths and qualities do you want to cultivate?

8

Clarifying your values: How do you want to grow personally?

9

Exploring your values: What does personal growth look like for you today?

10

Practising your values: Take an action today to grow a personal strength, such as kindness, agency or authenticity.

11

Spend a moment reflecting on your values: What do you want to stand for?

12

Clarifying your values: How do you want to spend your leisure time?

13

Exploring your values: Do you prioritise leisure time sufficiently in your life?

14

Practising your values: Take action today to carve out some leisure time to do something you value.

15

Spend a moment reflecting on your values: What do you want to do?

16

Clarifying your values: How do you want to develop spiritually?

17

Exploring your values: Are you making enough space for spiritual nourishment? What does that mean for you?

18

Practising your values: Take action today to do something that nourishes you spiritually.

19

Spend a moment reflecting on your values: How do you want to behave?

20

Clarifying your values: How do you want to look after your health?

21

Exploring your values: What are some of the obstacles in your life to living healthily?

22

Practising your values: Can you do something today to promote your health?

23

Spend a moment reflecting on your values: What is important in your life?

24

Clarifying your values: What do you want your work to be about?

25

Exploring your values: What is meaningful about the work you do? Who benefits?

26

Practising your values: Focus today on an aspect of your work that you value.

27

Spend a moment reflecting on your values: What are you currently neglecting?

28

Clarifying your values: How do you want to engage with your communities?

29

Exploring your values: Where in your life might you make space for being in community?

30

Practising your values: Can you take action today to support one of the communities you are a part of?

31

What has supported you this month in leading in accordance with your values? Can you do more next month?

Based on *The life Compass* from Living Beyond Your Pain by Dhal & Lundgren (2006)

**MINDFULNESS
TEACHER TRAINING
BEGINS THIS MONTH
ON THE 16th
Monday evenings**



TRY OUR MEMBERSHIP SANGHA!

Just £10 ~ for a 6 month trial period ~

Enjoy our membership package with free fortnightly teachings, access to our library of teachings and a dedicated members' website.