

## Journaling Exercise: Own Your Unique Value

Our world needs you to be true to yourself. There is a chance that if each human on this earth was fully thriving, that the earth would thrive too. To thrive you need to align your life with your unique way of being. You already have everything you need to answer the call of your soul. To what makes you thrive and come alive. You can awaken a new possibility in your circle of influence, in your family, in your community and in the world at large.

Notice small moments of pride, satisfaction, increased energy, vitality, wholesome love, or a sense of peace. Reflecting on moments where your soul is singing. It can be a moment a child's crying is calmed in your arms, to expressing your idea in a group and having it well received, to being the person that someone can count on when, to writing something that touches someone else, to enduring a ton of uncertainty and complexity to see a project through, or to smile, eye contact and a question to a cashier. There are many ways when your being can positively impact the planet and those around you.

Thinking back over today, what is a moment that something went well? You wrote a satisfying email? Your breakfast was tasty? What is a skill or talent that you have that made this thing happen today? How about this week? What is something that went well this past week? A client was satisfying, a project was completed on time, your child made a friend. What skill or talent that is unique to you, helped to make this thing happen? Thinking back over this last year, what is an area you have some pride about in life? Your job, work-out routine, impact on social change or the environment, witty posts that make your friends laugh, or your cat is purring and is still alive? What skill or talent or way of being that you possess helped to make this happen? In what way are you responsible for making this go well? What went well and how were you responsible for it?