



Nurture and Nourish Yourself with Your Core Values

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Who is Elena Sonnino?

- Certified life coach.
- Yoga Teacher
- Host of the Sunrise in Your Pocket podcast
- Wife. Mom.
- Obsessed with leopard print, singing outloud, and Peloton workkouts AND helping YOU be the ONE you've been waiting for.



What is a core value?

"Values are the principles that give our lives meaning and allow us to persevere through adversity."

Barb Markway and Celia Ampel in
The Self-Confidence Workbook



It's the intentional
tending to my core
values that helps me
stay rooted – true to
myself – and not doing
things that someone
else says I should do.

Elena Sorrisio

Commitment. Freedom
Curiosity. Delight
Belonging





4 ways to unearth your core values



What characteristics or values
were present in the moments
where you felt completely
yourself?



What characteristics or values
helped you during the “pride”
moments in your life?



What characteristics or values were lacking in the moments or experiences that have angered, frustrated, or saddened you?



What values do your personal
heroes embody or exhibit?



Why is that moment important?

What was it about that moment that
stands out?

What values are reflected in that moment?



What do you notice?



Find the themes

Find your own definition

Narrow your list



Now What?

Attune & Embody



"Happiness does not come from a job.
It comes from knowing what you truly
value, and behaving in a way that's
consistent with those beliefs."

-- Mike Rowe



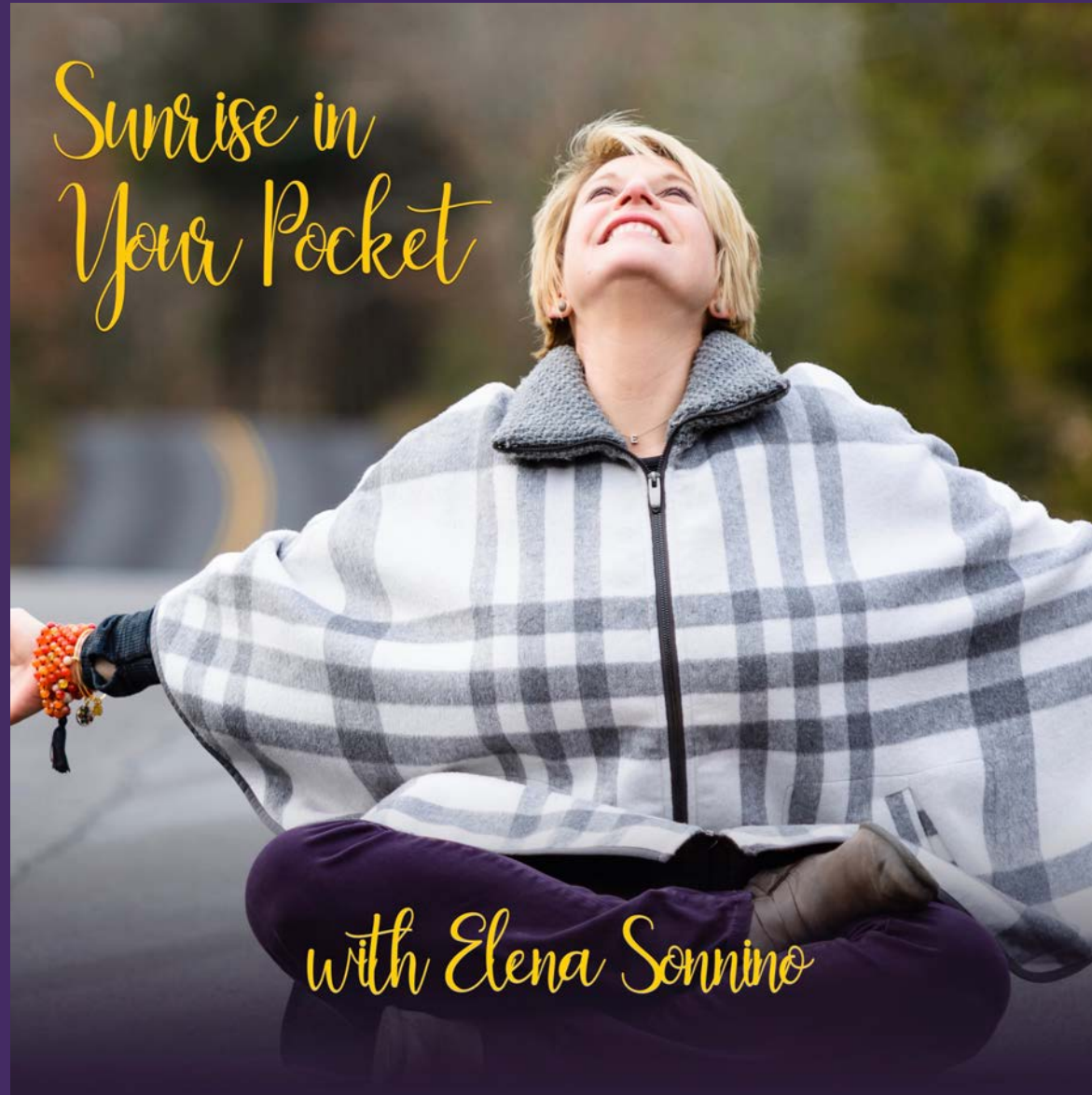
Set yourself up for success.

UNLEASH YOUR ALIVENESS.

Email me at:

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STITCHER, ONLINE

MAKE 2021
THE YEAR
THAT YOU THRIVE
WITH

*Fewer shoulds
and MORE
DELIGHT*



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