



## Well Powered Living

### *Spiritual Energy*

#### Spiritually Aligned

- Not about religion, ethics or morals
- This is about aligning with one's values
- If you do not know your priorities, you will give your energy to unimportant things
- Your actions should reflect your values

What are your leadership roles?

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#### Identifying your values

Use the back of this worksheet or a journal to write a story about a time you felt great. Pay attention to your mood, facial expressions, and repeated words.

Refer back to your story and:

- Identify your values
- Name your values
- Determine your rules of engagement
- You should have 5-7 values

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**Spiritual Energy Ritual:**

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