



ART OF ADVERSITY

PROTOCOL FOR FINDING YOUR WAY

ACCOUNTABILITY	FULFILLED	POWER
ACHIEVEMENT	FUN	PROUD
ADAPTABILITY	FARSIGHTED	RECOGNITION
ADVENTURE	GENEROSITY	RELIABILITY
ALTRUISM	GIVING BACK	RESOURCEFULNESS
AMBITION	GRACE	RESPECT
AUTHENTICITY	GRATITUDE	RESPONSIBILITY
BALANCE	GROWTH	RISK-TAKING
BEAUTY	HARMONY	SAFETY
BEING THE BEST	HEALTH	SECURITY
BELONGING	HOME	SELF-DISCIPLINE
CAREER	HONESTY	SELF-EXPRESSION
CARING	HOPE	SELF-RESPECT
COLLABORATION	HUMILITY	SERENITY
COMMITMENT	HUMOR	SERVICE
COMMUNITY	INCLUSION	SIMPLICITY
COMPASSION	INDEPENDENCE	SPIRITUALITY
COMPETENCE	INITIATIVE	SPORTSMANSHIP
CONFIDENCE	INTEGRITY	STEWARDSHIP
CONNECTION	INTUITION	SUCCESS
CONTENTMENT	JOY	TEAMWORK
CONTRIBUTION	JUSTICE	THRIFT
COOPERATION	KINDNESS	TIME
COURAGE	KNOWLEDGE	TRADITION
CREATIVITY	LEADERSHIP	TRAVEL
CURIOSITY	LEARNING	TRUST
DIGNITY	LEGACY	TRUTH
DIVERSITY	LEISURE	UNDERSTANDING
ENVIRONMENT	LOVE	UNIQUENESS
EFFICIENCY	LOYALTY	USEFULNESS
EQUALITY	MAKING A DIFFERENCE	VISION
ETHICS	NATURE	VULNERABILITY
EXCELLENCE	OPENNESS	WEALTH
FAIRNESS	OPTIMISM	WELL-BEING
FAITH	ORDER	WHOLEHEARTEDNESS
FAMILY	PARENTING	WISDOM
FINANCIAL STABILITY	PATIENCE	
FORGIVENESS	PATRIOTISM	
FREEDOM	PEACE	
FRIENDSHIP	PERSEVERANCE	

DATE: _____

AM

DID AM R.A.S. PROTOCOL

WHAT ARE THE 3 VALUES THAT I WANT TO EMBODY TODAY?

WHAT ARE 3 THINGS I'M GRATEFUL FOR TODAY?

WHAT IS 1 ACTION FOR EACH VALUE THAT I CAN TAKE TODAY?

PM

FREE JOURNAL EXPLORING SHIFTING EMOTIONS & BELIEFS

COMMIT TO PM R.A.S. PROTOCOL

WHAT ARE 3 WINS / WAYS I EMBODIED MY VALUES TODAY?

WHAT MENTAL INSIGHTS DID I GAIN TODAY?

WHAT IS 1 THING I'M GUIDED TO DO TOMORROW TO EMBODY MORE OF MY VALUES?