

I Love, I Value, I Choose

A mindful step towards a more conscious, joyful life



Veronica Strachan

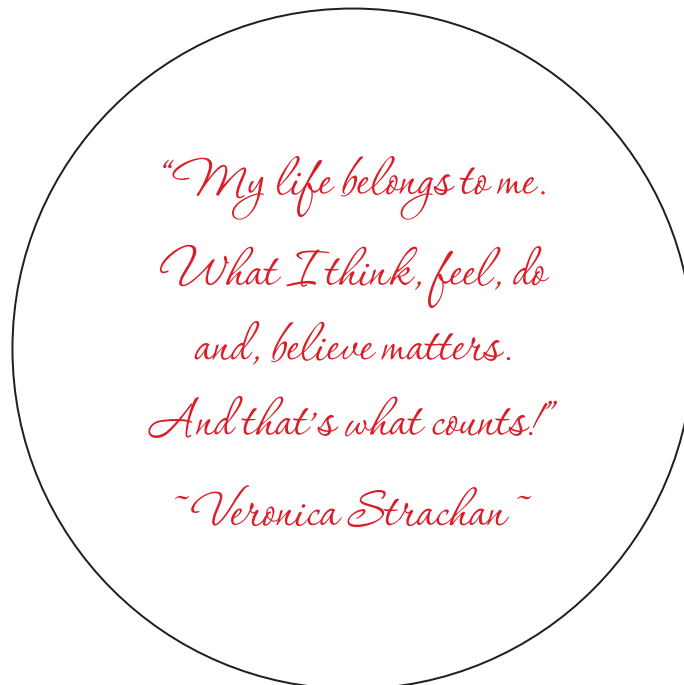
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I Love, I Value, I Choose

Thinking and writing about what's important to you is taking the first step towards living a conscious, joyful life that expresses the very best you can be...

Finding my own way back to life took a long time. I'd spent years living with that quiet desperation that there had to be something better than this half life I had.

One of my earliest wake up calls to a more conscious, joyful life was this exercise. It created an awareness of my current reality and a determination to make a change for the better, for me. And helped me see that I could start with someone small and everyday, I didn't have to move a mountain to begin.



This exercise is a chance for you reconnect to what you love and value, and to choose differently—or not.

Take your time, give yourself at least 30 minutes, and be curious about what you discover, and where it leads you.

And when you are finished, if you'd like to read more about my journey back to wholeness, go to www.veronicastrachan.com.au/books and get yourself a copy of *Breathing While Drowning: One Woman's Quest for Wholeness*.

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Here's what to do

Print each of the exercise pages out separately, or write each heading on a new page in your journal. Grab a pen, and follow the directions below...

- Take a few moments to close your eyes, breathe quietly, let your mind relax...
- Now open your eyes and make a list of everything that comes to you that you love
- Be as specific as possible
- The list may include people, places, things, feelings and activities—anything that comes to mind
- Breathe slowly and sit quietly when the first rush is done
- Pay attention to the rise and fall of your body ... let your pen write down whatever comes next

"I love..."

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Take a few more moments to close your eyes again, breathe quietly, let your mind relax...

- Open your eyes again and write down all the things you value—the things you feel are important in your life, your work, and the world
- Be specific
- Write down whatever comes to mind without judgment
- Some of the things that you love may come up again
- Breathe slowly, and sit quietly when the first rush is done
- Pay attention to the rise and fall of your body ... let your pen write down whatever comes next

I value...

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And one more time, take a few moments to close your eyes, breathe quietly, let your mind relax...

- Now open your eyes and write down what you spend money, time, and energy on...
- One after the other, then repeating all three over, and over until you are done
- Let your hand move on the pages without judgment, you're seeking self-knowledge

I spend...

<i>Money on</i>	<i>Time on</i>	<i>Energy on</i>

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Finally, lay all the lists out in front of you, re-read what you've written and answer the questions. Take your time.

1. How much of your time, energy, and money is spent on the things you love?
2. How much is spent on the things you value?
3. How much is spent on things you neither love nor value?
4. Could you make another choice? Is there anything you could let go?

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5. Do you want, or do you value, things you were not aware of?

6. Are any of these choices based on someone else's loves or values?

7. Are there any choices based on fear?

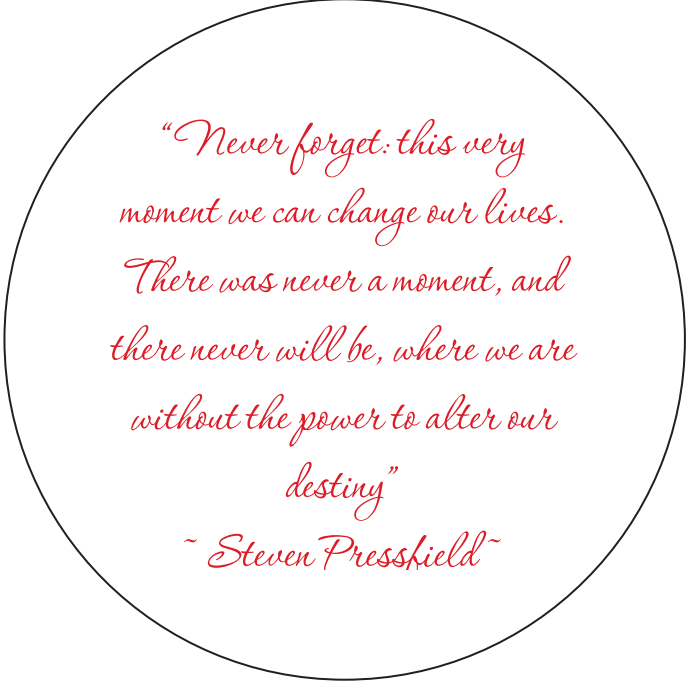
With compassion, see the choices you are making, the consequences of these choices, and the possibility of choosing differently.

8. Did you enjoy the exercise? How did it make you feel?

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9. Write down anything else you discovered about yourself during this activity.

When you're finished lie down, relax, take 3 deep breaths in through your nose, and out through your mouth, letting all thoughts drift away...



*“Never forget: this very moment we can change our lives. There was never a moment, and there never will be, where we are without the power to alter our destiny”
~ Steven Pressfield~*

To live a life that expresses the very best you can be takes a little hope, a little curiosity, and a little courage.

If you enjoyed this exercise, you are ready to try [The Wholeness Quest Workbook](#), a set of mindful exercises to help you feel more deeply, and to reconnect you to a more joyful, creative, and vibrant life.

[The Wholeness Quest Workbook](#) is a companion guide to my book [Breathing While Drowning: One Woman's Quest for Wholeness](#), which is my story of the signposts that helped me find my way home to all of me, back to a conscious, joyful life.

You've got this far, why don't you take another step? Gift yourself the book and workbook, find your own signposts and get going on your quest for wholeness. You will find the books at www.veronicastrachan.com.au/books

Thanks for taking a step towards giving yourself a more conscious, joyful, and remarkable life.

Veronica