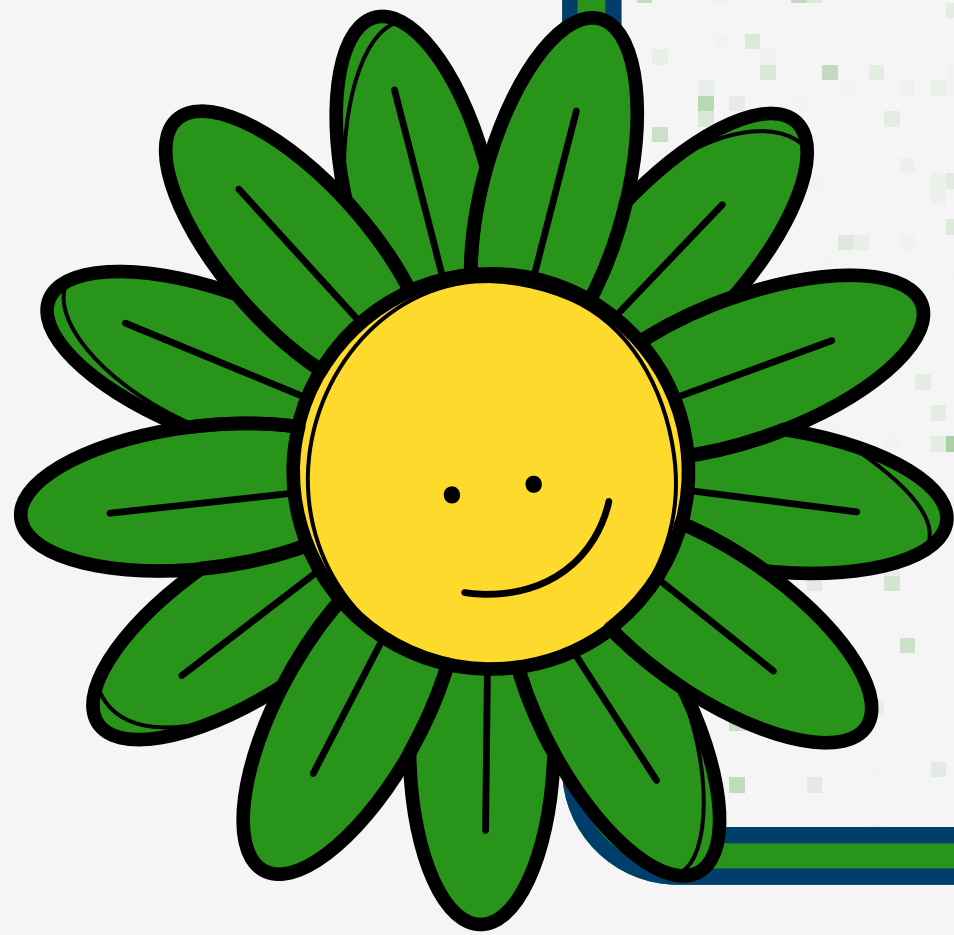


# Our value Jar

Integrate values into daily life in a tangible and fun way



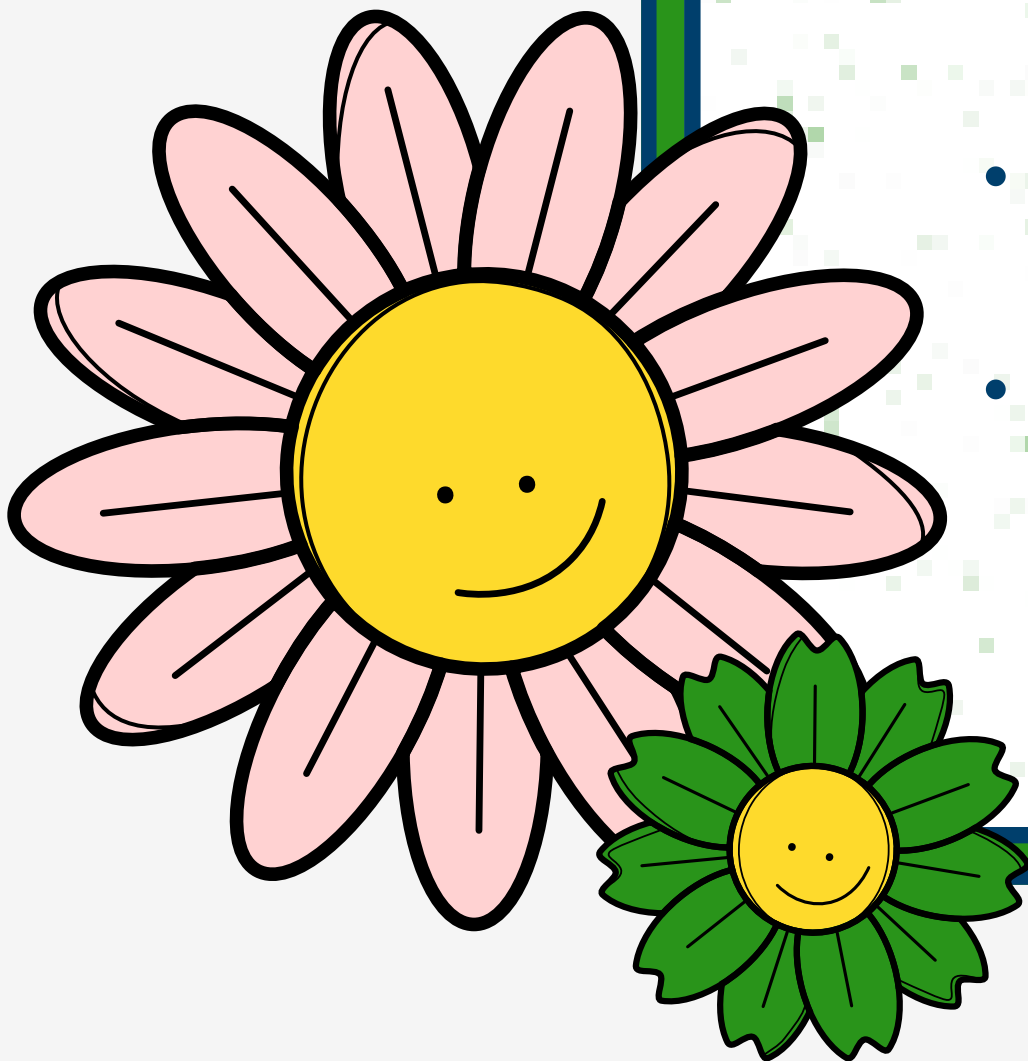
# Create our value Jar

- Take a jar (or any container) and label it "daily value jar"
- Then write down your core values and vision cues on a slip of paper. Create your own cues or use the slip provided with the supporting material
- A slip might say something like, "Show gratitude today," or "Spend quality time without distractions." Slips must be related your values and vision



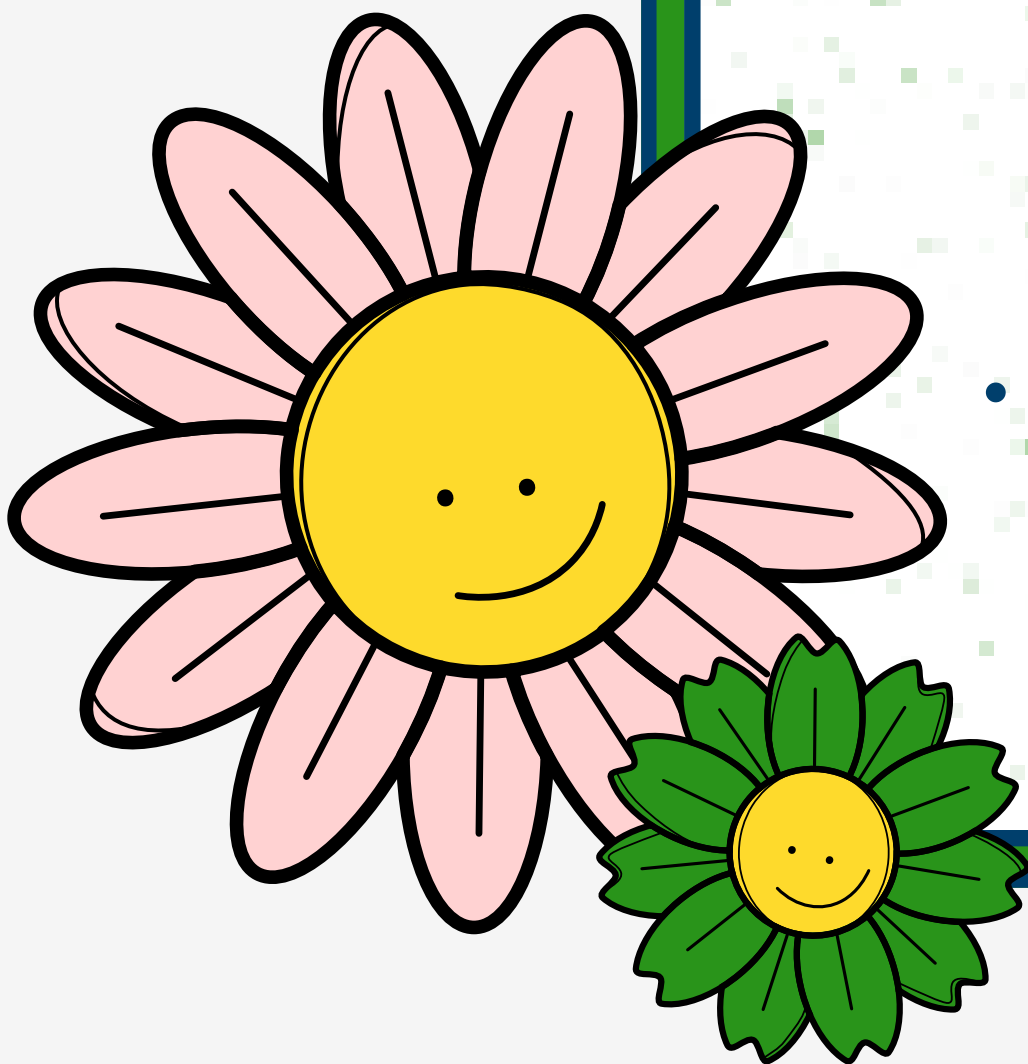
# The daily draw

- Each morning (or with another frequency), one of you draw a slip from the jar
- The action or reflection written becomes focus of the day
- For example, if the slip says: *"Plan an activity supporting good health"*, you might suggest a long walk or suggest cooking healthy food.



# Weekly reflection

- By the end of the week (or with another frequency) take a look at the slips from the week and discuss how you integrated your values and vision into your daily life
- Add new slips as you get more experienced and as your values and vision evolves

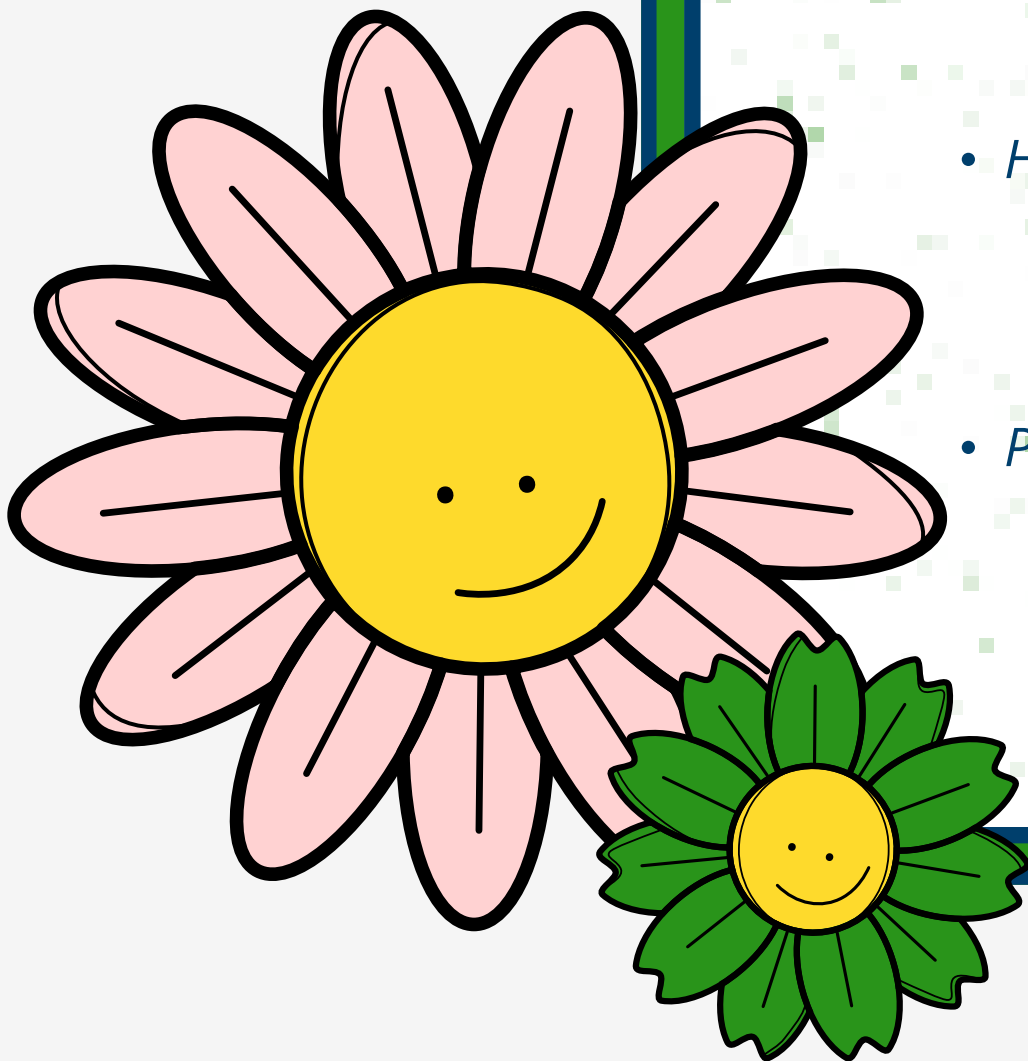




# The research behind

**The value jar activity activates the theories:**

- *Habit formation theory*, Charles Duhigg\*
  - Based on habit loop theory, which includes three key elements: cue, routine, and reward
- *Positive Psychology*, Martin Seligman\*\*
  - The idea of incorporating small, positive daily actions is suggested by Seligman's PERMA model (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) that leads to a fulfilling life



\*Duhigg, Charles. The Power of Habit: Why We Do What We Do in Life and Business. Random House, 2012

\*\*Seligman, Martin E.P. Flourish: A Visionary New Understanding of Happiness and Well-being. Free Press, 2011

# Let's begin

Plan an activity  
supporting food  
health

