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*What do you want
your day to be
more about? Flavor
it!*

LEANNE PAGE



START YOUR DAY

When you get up in the morning, choose a value. Anything you'd like to see more of that day. Choose from your list of values you've already worked on. Pick that word. Hold it in your mind. Write it down- make it memorable to you for this day.

**Flavor your day with your chosen value.
Sprinkle it around every chance you get!**

Seek out chances to act in a way that practices the value you chose this morning.

Don't stress out about it. Just add a little sprinkle whenever you can and notice how that feels. Notice your own reaction and that of those around you.

Use behavior tools to help you remember to flavor your day:

- visual cues
- set a timer
- recruit a buddy- tell your partner or a friend what your daily value is and check in

SAVOR YOUR VALUES

An alternative to flavoring your day with one specific chosen value, try savoring it!

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**Savor your chosen value.
Seek it out all day and enjoy when you find it!**

Be a detective. You are on the search for this value all day!
Notice it in small moments that you are normally too busy to catch.
Notice it in yourself and in those around you.

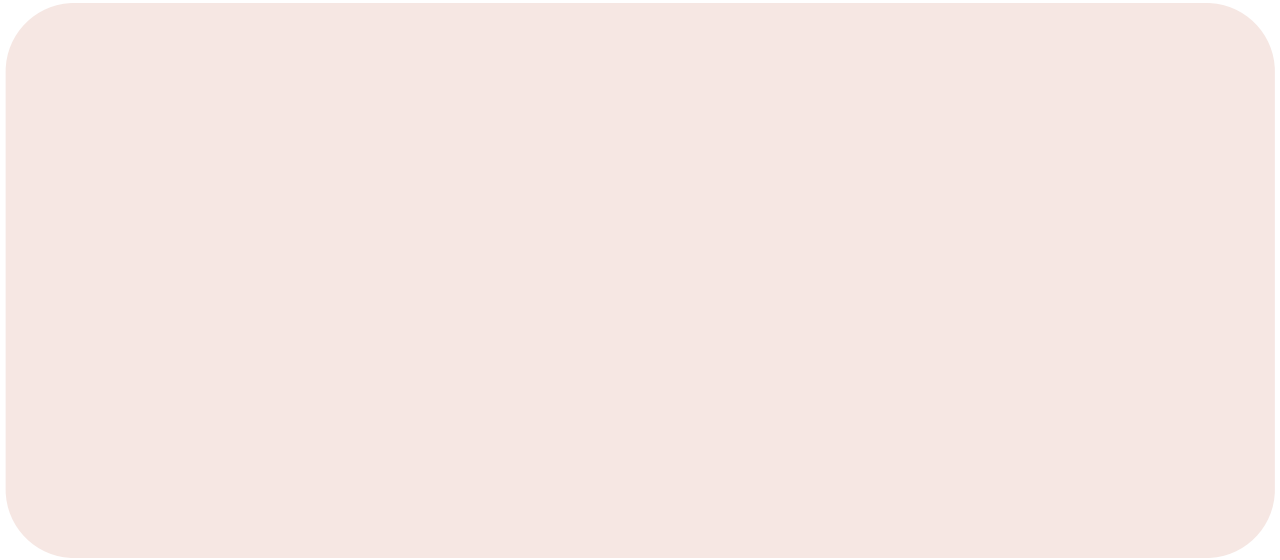
“*Savor = to taste and enjoy completely*”

Notice your chosen value for that day and savor it. Pause. Really see it. Taste and enjoy it!

FLAVOR & SAVOR REFLECTION

Flavor

What value did you choose to sprinkle throughout your day? Reflect on that experience. What feelings or thoughts did you notice?



Savor

What value did you choose to search for and notice throughout your day? Reflect on that experience. What feelings or thoughts did you notice?

