

Inner World

Reflection and Connection Exercises

1. Personal Narrative Map

Goal: Connect values, beliefs, and emotions into a personal story.

Steps:

- **Draw a timeline** of your life on a blank sheet of paper.
- **Mark key moments** where your values were most present (use colours or symbols to highlight them).
- **Identify beliefs** that influenced those moments and emotions tied to them.
- **Reflect:** How do these align or conflict with your current life??

2. Value-Belief-Emotion Alignment Chart

Goal: Visualise alignment and conflicts.

Steps:

- **Create three columns** labeled Values, Beliefs, and Emotions.
- **Write down:**
 - Your top values.
 - Beliefs tied to those values (are they empowering or limiting?).
 - Emotions connected to those beliefs.
- **Reflect on mismatches.** Example:
 - *Value: Creativity.*
 - *Belief: "I'm not talented enough." (Limiting)*
 - *Emotion: Anxiety.*
- **Reframe beliefs** and brainstorm actions to bridge gaps.

3. Future Self Visualisation

Goal: Use **insights** to imagine an aligned future.

Steps:

- **Close your eyes and visualise** your future self living fully aligned with your values, beliefs, and emotions.
- **Write or draw:**
 - What does your day look like?
 - How do you feel?
 - What's one small step you can take today to move toward this future?