

# 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?