

A Simple Values Aligned Ritual

Build a shrine to your personal values to celebrate and remind you what they mean to you.

A very simple idea that has proved exciting and effective for many of our clients over the years is to build a shrine to your values. The idea is to collect and build a simple shrine, maybe on a small table or even as a montage on a free wall in your office study or bedroom which can be viewed daily as a reminder and exciter of what is most important to you in your life.

Collect or create any symbols, photos, memorabilia, knick-knacks or mementos that remind you of or symbolise your values. For example:

If you value nature...you may include a leaf, seashell or peacock feather on your shrine

If you value ???...you may enshrine your Rolling Stones concert ticket

If you value family belonging...place photos, letters or postcards of people in your family

If you value convivial technology...you may keep a magazine clipping about the latest hybrid car

If you value worshipping...then artifacts and symbols of deities or saints may be your thing

If you value achievement...then place some of the symbols or images that represent what you have achieved or are committed to achieving

If you value relaxation ...capture images or brochures of places or situations you find relaxing

And so on...

The idea being that by having a collection you can remind yourself daily what life is all about for you.

Many of our clients have expressed how this simple idea has enriched their appreciation of themselves and their life.



For more information on Values AT Work please contact us on:

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