



WHAT IS IN MY HEART? (Exploring My Values)

From Lotus Flowers and Superpowers by Julie Seel Renaud

“Myrtle’s priority was to help Flex grasp how important it is to think about the life he has ahead of him. To invest time and energy in himself, consider his options, and make intentional choices about how he wants his journey to unfold.... She believes that if he can figure out what matters to him, what is in his heart, and who he wants to be—the answers will act as a compass and guide Flex in the right direction. “You will know what to do and why you do it,” she explained.

1. What makes me want to get up in the morning?
2. What are my very favorite things to do?
3. If I could be someone else, other than myself, whom would it be, and why?
4. When am I the happiest?
5. What is my favorite memory?

