



# INNERSPACE CAMP JOURNAL PROMPTS

PORTAL ONE:  
CRYSTALLIZE YOUR CORE VALUES

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"open your arms to change,  
but don't let go of your values."

~Dali Lama

Are there relationships that will now change due to your values guidance?

What behaviors are you repeating that no longer serve you now that you are clear about what you value?

*"when your values are clear to you, making  
decisions becomes easier."*

Do you need to change your job?

Do you need to change your living arrangements?

Do you need to clean your home?

Break up with your significant other/spouse/partner?

Begin a fitness and nutrition program?

"Integrity is making sure that the things  
you say and the things you do  
are in alignment."

What areas of your life now need to change because  
you are clear about what you value at your core?

What healing, coaching, counseling, mentors and  
support systems do you now need to put in place ?

# EMBODY YOUR VALUES



XO,  
KK