



**EVOLVE**  
COACHING  
*for yogis*

# *Identify Your Yoga Values*

## **Why Values?**

Identifying your values is an essential process in coaching. Values are not 'who you think you should be'. Values are who you are, at an essence level. Values are not morals or principles; there is no wrong and right with values. Values are simply what is essential to your authentic self. Values are the qualities of a life lived from the inside out. Identifying your values, living from these values, knowing when you are honoring your values and knowing when you are not honoring your values-these are skills that can provide a road map for living a fulfilling life.

## **Mining for values**

Yoga is a beautiful metaphor for a life fully expressed. Take some time to think about your yoga practice. Visualize yourself on the mat. What is it like for you, what do you love about yoga, how do you feel during and after you practice? How does your practice inform your life? You may need to take these inquiries with you on to the mat. Allow yourself to notice, bring yourself into awareness of your own experience as you practice. Make a list of your yoga values. Pick 4 or 5 of these values that are really resonant for you.

## **Assessment:**

Take a look at your life. On a scale of 1-10 how are you honoring these values? What is the price you are paying for not honoring some of these values? What is something you could do today to honor one of these values? Start to notice what it feels like to be 'in' one of your yoga values, what opens up for you?

## **Next Steps:**

Are you wondering what's next, now that you have begun to explore your values? Coaching is about aligning with your values so that you can move through life with purpose, presence and joy. Feel free to contact me at [rosy@evolvecoachingforyogis.com](mailto:rosy@evolvecoachingforyogis.com) to learn more.

***Namaste***