



Discover Who You Really Are

The world will ask who you are, and if you don't know, the world will tell you (Carl Jung)

WHO DO I WANT TO BE?



I choose to



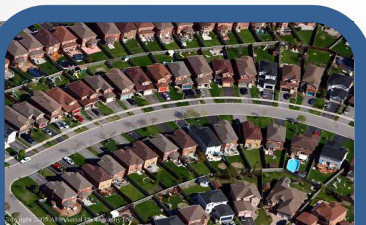
I love to



I need to care



I need to succeed



I need to conform



I need to win



I need to belong



I need to survive

WHO AM I?

Life conditions inform our values and beliefs. Stress occurs when our behaviours are out of sync with our values. With conscious awareness we can better arrest stress and build new ways to respond to life rather than simply react to it – **choose to/love to!**

WHO'S IN CHARGE?

- How do you identify or not with these value statements?
- How do your values limit or expand you?
- When do you behave in opposition to your values?
- How empowered do you feel in your life?

If you are wanting answers to any of these questions, the **Values Assessment Questionnaire (VAQ)** is for you. Contact us to find out more.:

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IT DOESN'T MATTER WHAT HAPPENS TO YOU IN LIFE; WHAT MATTERS IS WHAT YOU DO WITH IT!