THE VALUE COMPASS

CHARTING YOUR NEXT STEPS TO RENEWED PURPOSE

WITH MIMOSA KABIR & KIMBERLEY MACKENZIE

"Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do."
- Elvis Presley

PEAK EXPERIENCE

Think back to a moment in your life where everything seems perfect.
A moment that makes you smile when you think of it.
A moment of flow.

This could be in your personal or work life.

What was happening? Who was present? What was going on?

@KIMBERLEYCANADA | @MIMOSAKABIR

How you define success is a source of happiness you can control. 105 studies, 70K people globally valuing extrinsic over intrinsic goals predicts lower well-being. Fame, wealth, and beauty are bottomless pits.

Pursing growth, kindness, trust and health is the pattern for flourishing." – Adam Grant

WHAT DOES DISCORD LOOK LIKE?

"We don't have to be perfect, just engaged and committed to aligning values with actions."

- Brene Brown

SIX BENEFITS OF CLEARLY DEFINED VALUES

"Having a positive impact in the world shouldn't have to come at the risk of compromising our health, our families or our financial freedom. The days of turning a blind eye to toxic workplaces and harmful bosses are gone. "

"We need to help our sector overcome the dysfunction, toxicity and burn out that is rampant."

"We can do this. We can create a sector where family, mental and physical fitness and joyful abundant lives become the priority. If we do that, we can collectively have a greater impact on the world that needs us so desperately. I know we can do it. I witness my clients doing it every single day."

- Kimberley MacKenzie

PEAK EXPERIENCE

Think back to a moment in your life where everything seemed perfect.
A moment that makes you smile when you think of it.
A moment of flow.

This could be in your personal or work life.
What was happening? Who was present? What was going on?

I smile when I think about the time when...

Live your life by a compass not a clock."

- S. covey

WHAT VALUES SHOWED UP IN YOUR PEAK EXPERIENCE?

-
-
-
-

HEAD, HEART & FEET

What have I learned?

How do I feel?

What action steps will I take?

LIVE YOUR LIFE BY A COMPASS NOT A CLOCK.
- S. COVEY

GET IN TOUCH

Mimosa Kabir
mimosa.k@gmail.com
416-278-5288

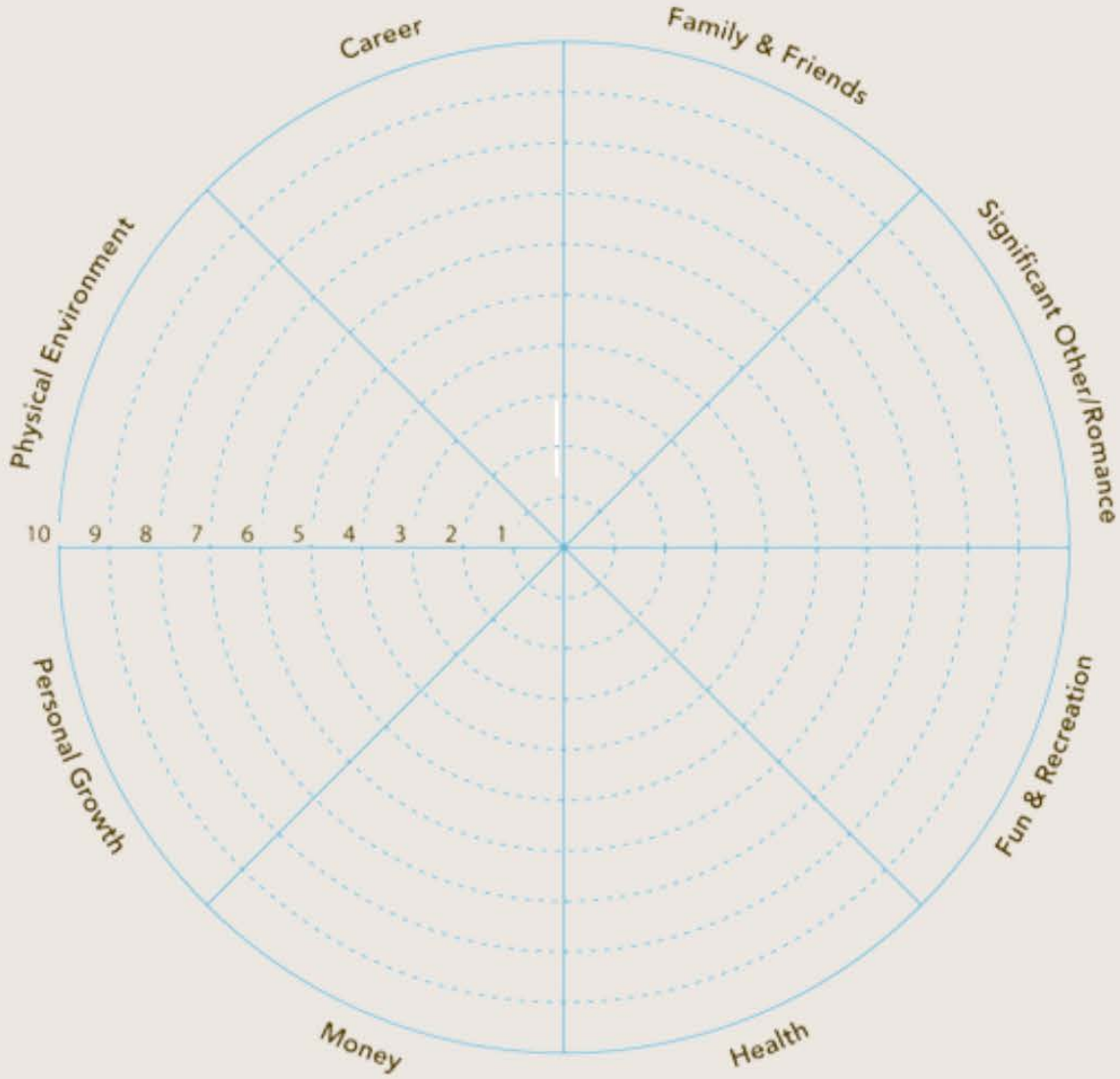
Kimberley MacKenzie
k@kimberleymackenzie.ca
289-231-1339

THE INTERSECTION

Become part of the community at www.intersectionhub.ca
to join the conversation and keep building community.

BONUS: Wheel of Life

Directions: The eight sections in the wheel of Life represent different aspects of your life. Seeing the centre of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. the new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



THE INTERSECTION

If in twenty years YOU looked back on this moment of YOUR life, would the memory make YOU smile? If not let's get you there. If you want to chat about your wheel of life with Kimberley don't hesitate to reach out at k@kimberleymackenzie.ca or intersectionhub.ca