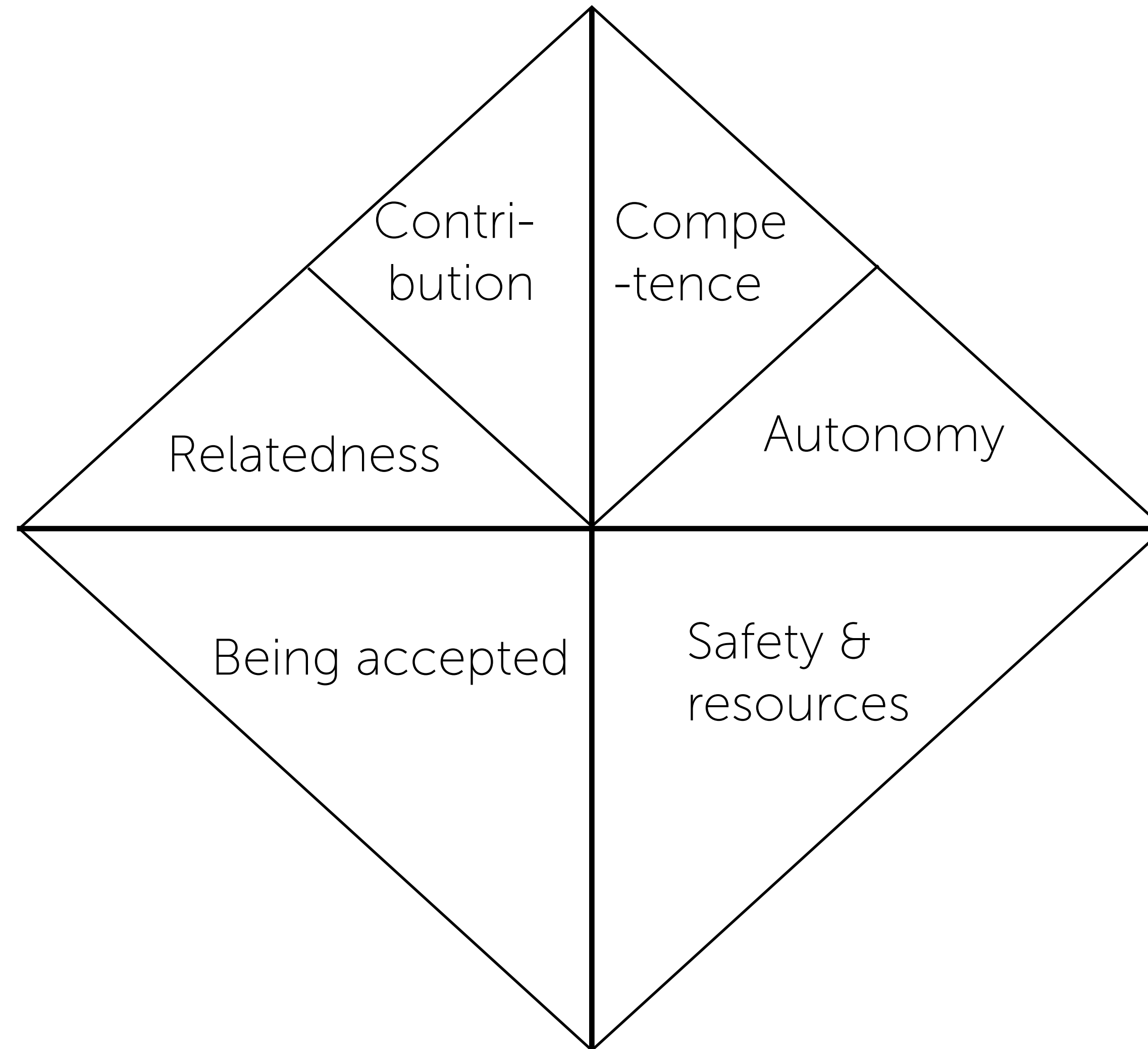


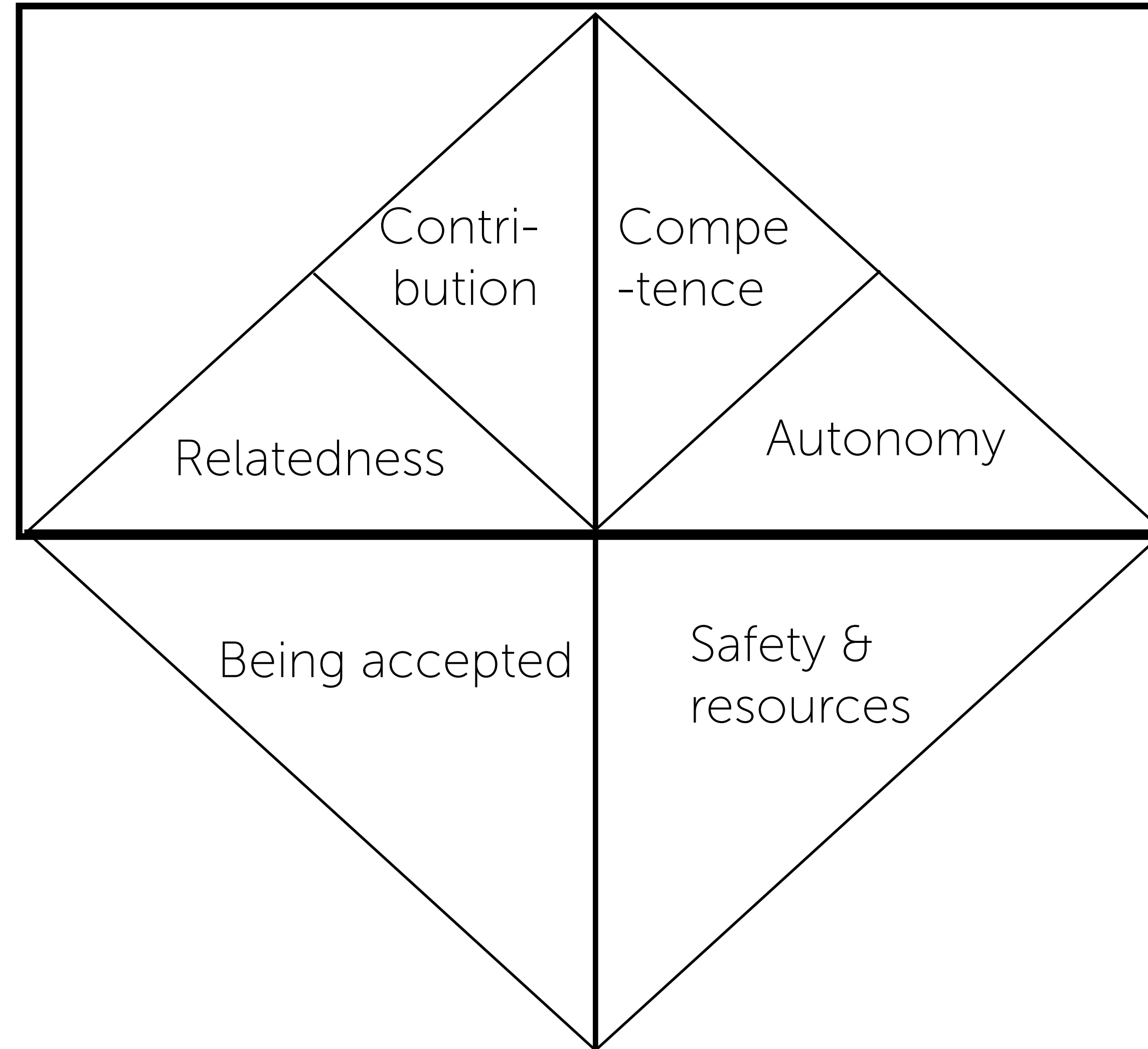


WHAT GETS IN THE WAY OF LIVING A FULFILLING LIFE? -AND WHAT WE CAN DO ABOUT IT

BASIC HUMAN NEEDS



BASIC HUMAN NEEDS





AUTONOMY





INTERESTS AND STRENGTHS



CLARITY OF VALUES



VALUES-DISCUSSION

- 1.What is most important to you?
- 2.Who do you appreciate? Why?
- 3.What kinds of characteristics do these people have?



INTERNALIZED CONTROL



REFLECTION

.....

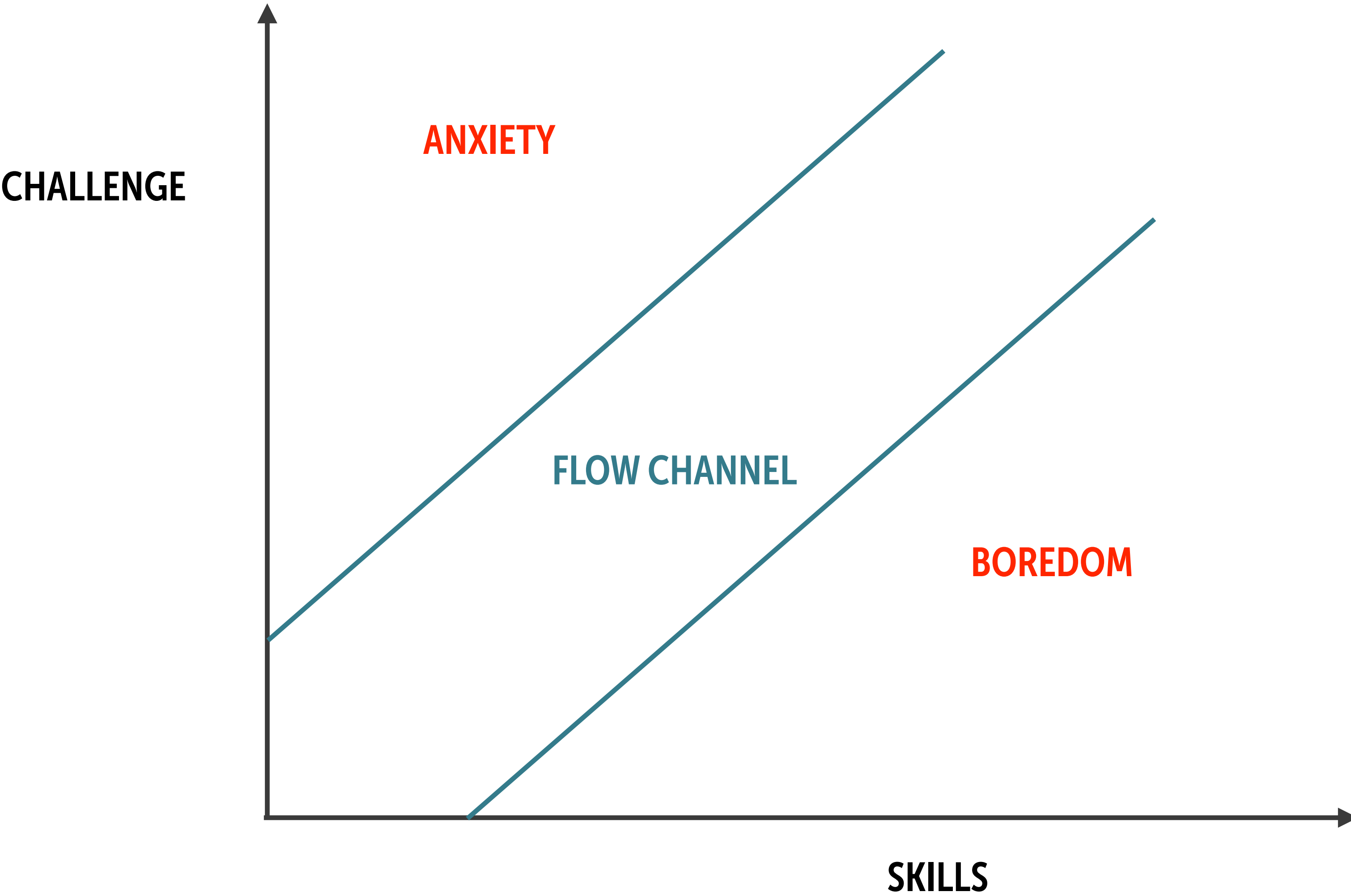
1. What kind of background do you come from? What was valued in your home, what wasn't?
2. Which of these values/ways of being do you feel aligned with? What feels constricting?
3. What implicit rules have you absorbed about how one should be?
-what have you connected your self-worth to?



COMPETENCE



FLOW





LIMITING BELIEFS



RELATEDNESS AND CONTRIBUTION





FITTING IN AT THE COST OF BELONGING



COURAGE



A black and white photograph of two children, a girl and a boy, laughing joyfully. The girl, on the right, has long blonde hair and is wearing a dark cap and a light-colored jacket. The boy, on the left, is wearing a dark cap and a dark jacket. They are standing next to a large tree trunk. The background is a soft-focus outdoor scene.

THANK YOU

● **Questions, comments, feedback?**
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Want to go deeper?
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