



WORDS TO LIVE BY

- 1) To begin your collage, take a moment to reflect on your core values. Write, draw, paste or represent these words on your collage- you can use the space below or a different canvas.
- 2) Ask what you feel strongly about and what makes you feel good when interacting with others and why. Write, draw or represent these images in your collage.
- 3) Let words associated with your values come into your thoughts. What images, colors, and shapes do you associate with your values? Write, draw or represent these images in your collage.
- 4) Try being mindful of the images and words you use for your collage and why they speak to you.
- 5) If you feel comfortable, share your work with people in your community and discuss why and how you chose what you did. This is a great way to connect with others and share your heart with them in person or from afar.

