

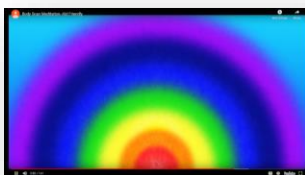
Topic: Ethical Responsibility

Breathe

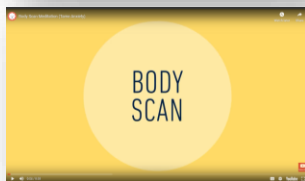
Have you tried a mindfulness body scan?

Try one of these to help feel more settled and calm and bring awareness to each part of your body and your experience with a guided progression.

[Imagine the sun warming each part of you.](#)



[Intentional noticing without judgement.](#)



Learn

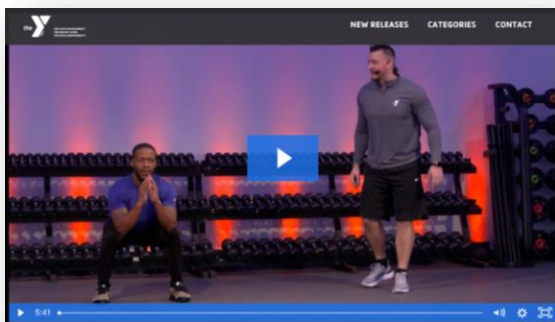
Knowing what we value most in our life makes it easier to respond to opportunities and conflicts with integrity.

In order to determine your values, try [The Value Sort activity](#), as an excellent way to reflect upon what is most important to you.

Cut the [cards](#) apart or create a table in your journal, then quickly determine which values belong in each category.

Very Important	Important	Less Important

Move



Yesterday you warmed up, today push yourself with a [5 Minute Challenge](#) for your entire body!

Grow

In your journal:

Reflect on the values you determined above, and narrow down to your top 3. In what ways do you live those values? How about when you are with your family or friends?

Read the below quote and reflect on what that quote means in your life:

As we practice resolving dilemmas we find ethics to be less a goal than a pathway, less a destination than a trip, less an inoculation than a process. —Ethicist Rushworth Kidder