

# Waking Up Again: Renewing Our Commitment to the Life We Say We Want

## Awakening from Values Narcolepsy - Practical Exercises

### The Values Wake-Up Question

Each morning, ask: “What value do I want to embody today?”

Then choose one behavior that would make it visible.

### The Drift Inventory

Complete these sentences:

“I say I value...”

“But lately I have been spending my time, attention, or energy on...”

“The cue that pulls me away is...”

“The need underneath the drift might be...”

“One kinder, wiser replacement is...”

### The One-Minute Recommitment

Pause. Breathe. Say: “I am awake again.”

Then take one action under two minutes: open the document, drink water, step outside, send the kind text, close the browser, practice a brief meditation or say a prayer, clear the table, make the appointment.

### The If-Then Plan

“If I notice myself drifting into \_\_\_\_\_, then I will \_\_\_\_\_.”

### The Weekly Values Review

Ask:

Where did I live close to my values this week?

Where did I drift?

What helped me stay awake?

What is one small promise for next week?

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## **A Science-based Renewal Framework: WAKE**

To awake to your values and reconfirm your purpose you may consider a simple acronym: **WAKE**.

### **W — Witness the drift.**

Notice where you are going through the motions without condemning yourself. Ask: “Where have I fallen asleep to my own life?”

### **A — Align with values.**

Choose one value that matters now. Not ten. Just One. Ask: “What kind of person do I want to be in this season? Or even this day?”

### **K — Keep one small promise.**

Create a tiny, repeatable, cue-based action. Ask: “What is the smallest visible act that proves this value still matters?”

### **E — Establish rhythm and support.**

Build reminders, routines, and relationships that help you stay awake. Ask: “What structure will help me remember when I forget?”

## A Practice for the Week: The Values Wake-Up

Try this simple practice for seven days. Each morning, choose one value and one visible action that brings it into the day.

Morning Question

**What value do I want to embody today?**

Daily Action

Choose one small behavior that makes the value visible.

- If the value is **health**, the promise might be a ten-minute walk.
- If the value is **connection**, it might be one thoughtful text.
- If the value is **faith**, it might be three minutes of prayer, meditation, silence, or sacred reading.
- If the value is **creativity**, it might be opening a written draft or setting out the paint.
- If the value is **peace**, it might be choosing to walk away or simply not to escalate.

Evening Reflection

- Where did I live awake today?
- Where did I drift?
- What helped me remember?
- What small promise will I carry into tomorrow?