

WOW MOMENTS

The moments you felt most alive - and what made them.

Somewhere in your life are moments that still light up when you think of them. Not the impressive ones - the alive ones. They're not nostalgia. They're data.

What made them special is pointing straight at what you value, and at how to build more of it on purpose.

THE WORK

Write down your most alive moments - five or six.

For each, answer one line: what exactly made this matter? Freedom? Connection? Creating something? Being fully myself? Mastery? Don't write the event - write what was underneath it.

What was actually happening in me here?

- 1. _____ → _____
- 2. _____ → _____
- 3. _____ → _____
- 4. _____ → _____
- 5. _____ → _____

THE POINT

The answers that repeat are your values - the conditions you come alive under. Most people wait for these moments by accident. You just found the recipe.

*Your best moments weren't luck.
They were your values, showing you the way home.*

These are the first values in your real direction - the ones a life gets built around on purpose. That's the work inside *The Core Self*.

Want to go deeper - explore *The Core Self* at roskasilov.com
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