A woman with long dark hair, wearing a white sweater and light blue jeans, is lifting a young girl with long dark hair, wearing a pink dress, into the air. They are in a living room with a stone fireplace, a wooden coffee table, and a grey sofa with orange and patterned pillows. The scene is brightly lit, suggesting a sunny day.

Presented By:
Lauren Hays
Tricia Rausch

Closing the Tabs

DEFINING CORE VALUES
AND CRAFTING A
PERSONAL MISSION
STATEMENT

Meet your Presenters

Lauren Hays, APRN

PMHNP-C,
Founder of The
Matrescence, a
digital maternal
mental health +
wellness
platform

Tricia Rausch, RN

program
coordinator for
AdventHealth's
perinatal
bereavement
and postpartum
emotional
support program





Session Agenda

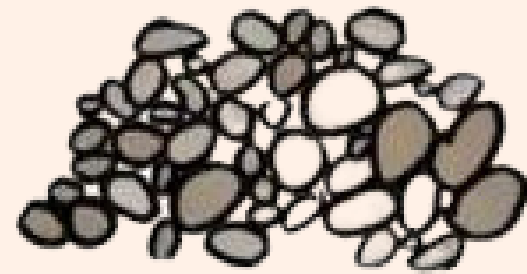
Core Value Visual	01
Chameleon effect + Comparison Trap	01
Closing Tabs discussion	02
Personal stories and “why”	03
Guided exercise to rediscover core values	04
Craft Personal Mission Statement	05
Q + A & Open Discussion	06

A Modern Twist on an Old Tale

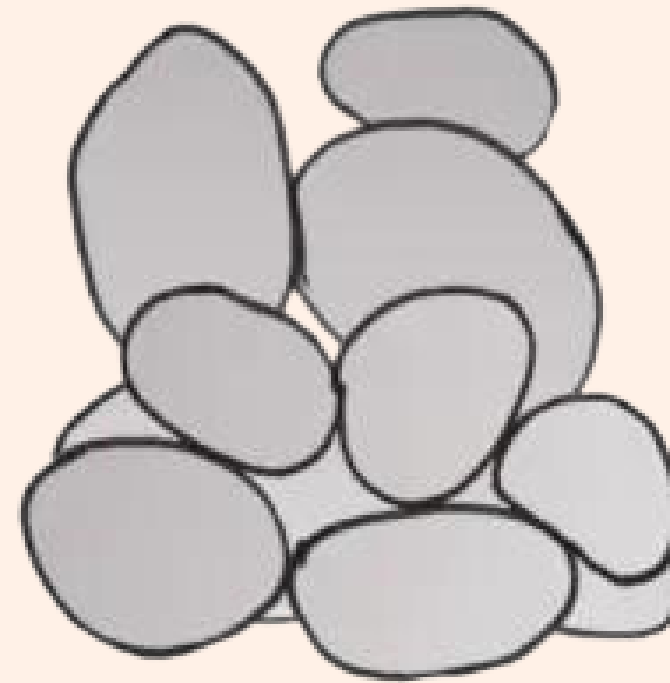
VALUES edition



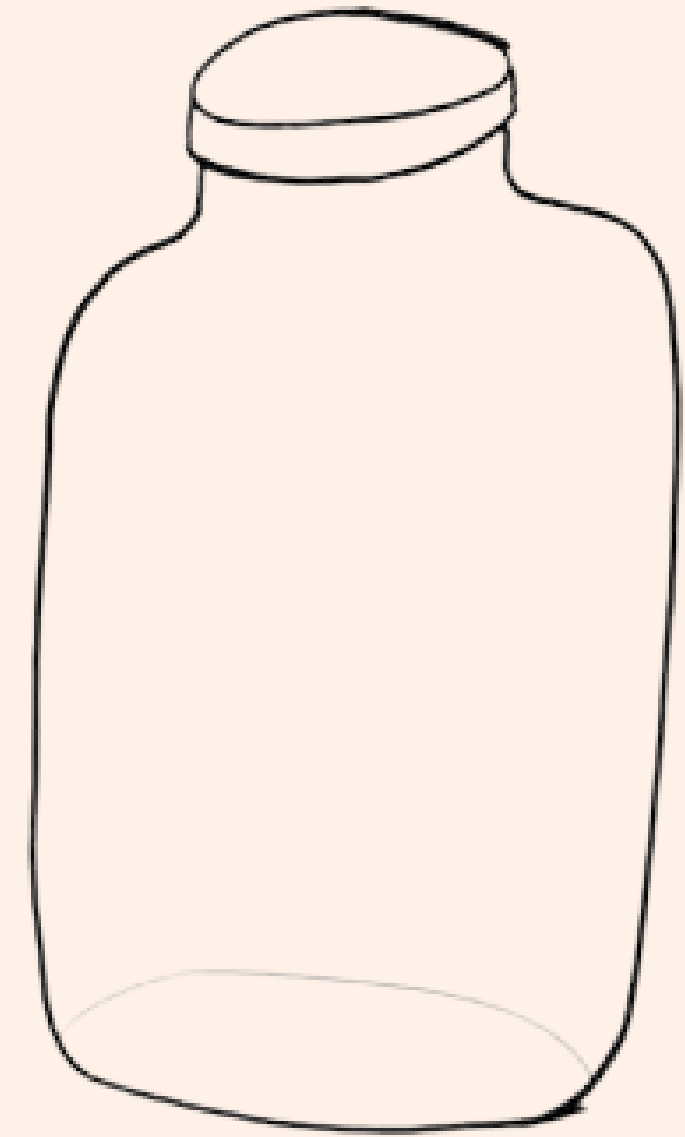
Sand



Pebbles



Rocks

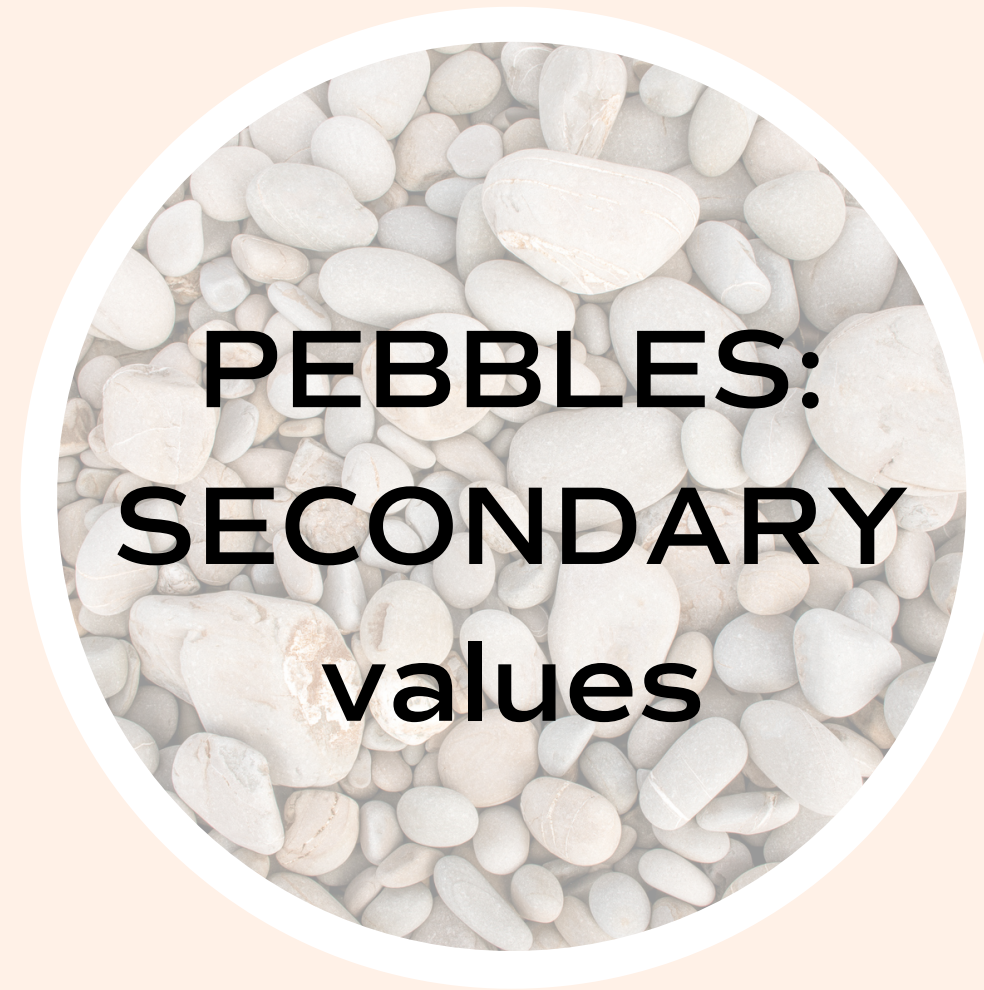


Jar



**ROCKS:
CORE
values**

The ESSENCE of who you are and what you want to be known for. Mostly fixed but can slightly shift with time.



**PEBBLES:
SECONDARY
values**

Malleable; fall second to the core values when conflicts arise. These can change more throughout various seasons depending on season, conflict of values



**SAND:
Everything else
that impacts
your decisions**

Everything else in life that impacts decisions and has an influence; often clouds the core values from leading the way




Don't be a Chameleon

Are you absorbing the values of those around you?

Who is shaping your idea of success?

Are you “shoulding” yourself?





I can't think of a more powerful way to double down on ourselves than getting clear on our values and the behaviors that support them—and the shit that gets in the way.

B R E N E B R O W N



SHOW OF HANDS

**How many of you have
ever systematically or
analytically honed in on
your values?**



Are You Thinking 'Make Me Care, ladies?'

Defining your personal core values can:

- **Alleviate brain fog**
- **Live in alignment**
- **Reduce stress + overwhelm**
- **Break free from the stress-state**
 - **Amygdala + prefrontal cortex battle**
- **The average human makes 35,000 decisions daily**
 - **Core Values are your compass**

What sparked our passion to spread this message?



Lauren's 'Why'



Tricia's 'Why'



Let's Dust Off Your Compass, Mama

Discovering Core Values: A Guided Mindful
Exercise to Identify Core Values that are
Uniquely YOU



Crafting Your Maternal Mission Statement

Using your core
values as your guide

The roles I play in supporting my family
include:

I hope my children describe me as:

Our family lives by these values:

We strive for our home environment to
be:

In trying times, I lean on _____

to guide us.



Q+A

+ Closing Remarks