BRAVE MATH

# Exercise – Find Your Constant

*Research shows we understand ourselves by observing our own behavior — especially in moments that mattered. Instead of asking who you want to be, this exercise helps you look at moments where your values already showed up.*

## Find Your Moment

Use these prompts to surface a memorable moment that already happened in your life.

- Imagine you're old when you die. What one memory will you recall with pride for how you behaved?
- After your death, if you are remembered for only one moment, which one would you want it to be?
- Think of one moment where you acted with courage or integrity, even when it was difficult.

Choose **one** moment from above where you were the actor (where you did something, rather than just had something happen to you).

The moment:

## Uncover the Value

The "easier" path would have been to...

Had I taken the easier path, it would have meant...

That moment reflects that I am someone who...

Your answer to this last question reflects what you value. It might not be perfectly worded, that's okay. You're not trying to find the "right" answer. You're trying to see what's already true.

If you have multiple moments of values that came to mind, feel free to repeat the exercise again. We all have multiple values.

Save this. You'll use this in future exercises.

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The moment: I left my marriage in a way that I was proud of. It took longer, cost more and required me to be way more measured than I wanted to be.

## Uncover the Value

The "easier" path would have been to... fight to "win" at all costs; be vindictive; seek immediate satisfaction; tell my child the things her other parent was doing.

Had I taken the easier path, it would have meant...
I would have taught my child that to win, we harm the people who harm us. I would have shattered my child's view of her other parent or made her feel that she had to choose between us.

That moment reflects that I am someone who...
I am someone who doesn't have to put someone else down to get what I want.
I am someone who protects my child's innocence.
I am someone who values long-term over immediate satisfaction.

Your answer to this last question reflects what you value. It might not be perfectly worded, that's okay. You're not trying to find the "right" answer. You're trying to see what's already true.

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