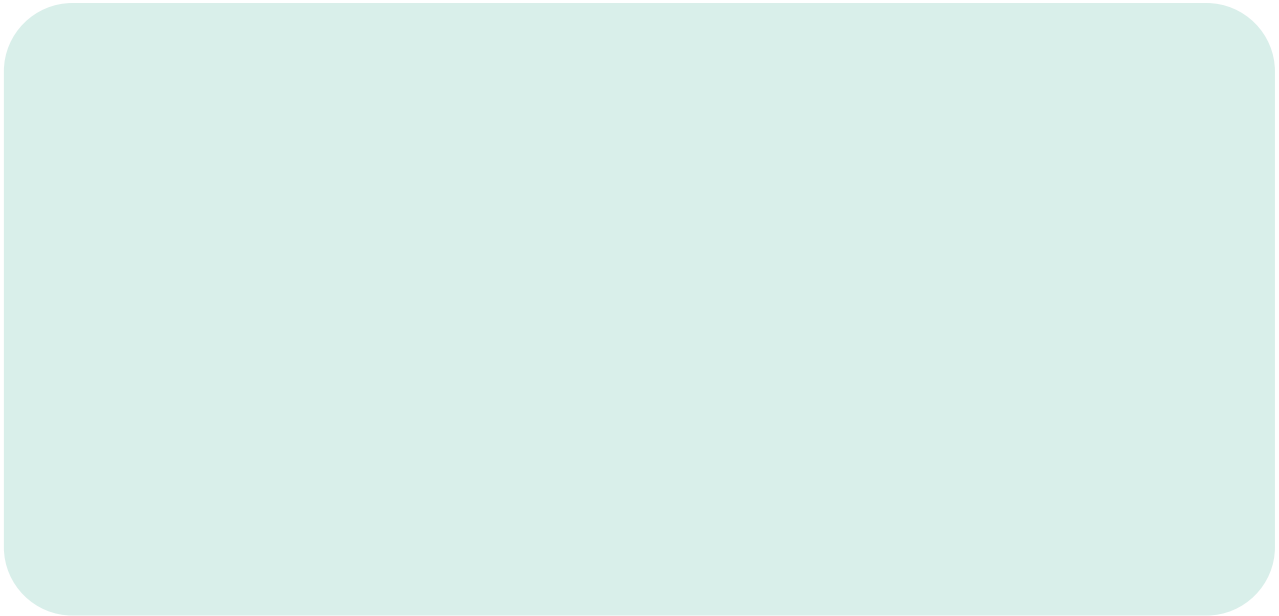


VALUES

Write down your values in one area of your life and what they mean to you *For example, Work, Relationships, Health*

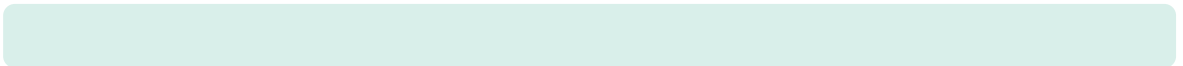


Write down the specific ways you embody each of these values
For example: "We eat dinner together as a family every night"

1




2



3



4



5



VALUES

6

7

8

9

10

I will start to live these values by

For example: "Going to the gym 3 nights a week"

1

2

3

4

5

6

7

8

9

10