



On each number below, write each value word then write one life example of **how you would live out that value in real life**. Everyone has different ways in which the same value might show up in reality and action, so we want to capture what each value looks like for you.

Next for each write down an example of **what you've done in the past** that doesn't align with each value.

Next for each write down how in the future **what you could do differently** to be more aligned with each value.

1. _____

2. _____

3. _____

4. _____

5.

6.

7.

8.

9.

10.
