***Living My Values***

*Use this form once you have identified personal values.*

*List each value and then describe the activities, beliefs, thought patterns, habits which support it and those which conflict with your expression of these core values in your day-to-day life.*

*On a scale of 1 to 10, how satisfied are you?*

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| --- | --- | --- | --- |
| **Value** | **Supports** | **Conflicts** | **Satisfaction Ranking** |
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*What changes will you make to bring your actions more in alignment with your values?*