

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?

Value	Supports	Conflicts	Satisfaction Ranking

What changes will you make to bring your actions more in alignment with your values?

